



Shell, the kitten, has nine lives! See page 8.

Bridgend & Porthcawl GEM



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THURSDAY, SEPTEMBER 20TH, 2012

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'Inspirational' friend is driving force behind 10K charity runners



ABOVE: Jonathan (third from left) and his friends pledge their support to the Neuro Foundation.

A YOUNG MAN who has dealt with a rare genetic condition by showing great courage, has inspired a group of his friends to tackle a charity challenge.

Eleven friends from Bridgend are running the Admiral Swansea Bay 10k race this Sunday, September 23, in support of a friend with a rare genetic disorder.

Jonathan Bennett, 23, from Brackla, has Neurofibromatosis Type 2 (NF2), which affects one in 35,000 people.

All the money raised by his friends in the race will go to Jonathan's chosen charity, the Neuro Foundation, which aims to improve the lives of those affected by Neurofibromatosis.

NF2 features benign tumours which grow on both hearing nerves, causing hearing loss and balance problems.

Jonathan has suffered with various other tumours throughout his life which have seen him overcome a number of major operations, including the removal of tumours in his head.

Jonathan recently underwent a pioneering medical trial at Manchester Royal Infirmary for a drug being developed to restrict the growth of the tumours.

Among the runners are Jonathan's brother Christopher, along with Fred Coleman, Matt Jones and Luke Fox, who have all been friends for more than 20 years.

Luke Fox said: "Jon was the only person in the drugs trial to complete the full course. To us, that signifies the inspirational courage he has shown

throughout his life. He suffered with severe back pain both during and after the trial, and lost a worrying amount of weight, which led to a previously unknown tumour affecting his back and abdomen being found.

"Jon had to spend an extended period of time at hospital in Manchester, so we decided that we should run the race to show him and his family our support, and remind him that he isn't alone in his ongoing battle."

Luke added: "Jon's family have played a major role in fundraising over the years for the Neuro Foundation, so we thought it would be a nice gesture to raise money for the charity through doing the run."

"We have raised more than £2,000 so far, which is fantastic. We've all been amazed by everybody's generosity and want to say a massive thanks!"

"We would love to raise even more so that the amazing work of the Foundation can continue to support Jon and others like him."

Jonathan said: "I'm proud of the effort my friends are putting in to raise money for the charity which has become so important to me."

"They are all really helping to keep my spirits up. My friends and family have all been so supportive to me over the years and the amount of money that has been raised so far has blown me away."

There is still time to sponsor the runners, by visiting www.justgiving.com/run4jon or contact Luke Fox at mailto:lukefox@hotmail.com

To find out more about NF2 and the Neuro Foundation, visit www.nfauk.org

Warning after catalytic converter thefts

POLICE have issued a warning after catalytic converters were stolen from four areas in the county borough.

The first incident occurred sometime between 6:15pm on Monday, September 10, and 7:30am on September 11, when

the converter was stolen from a Fiat Ducato on Bryncoch Road, Sarn.

A catalytic converter was also taken from a Ford Ranger on Penybont Road, Pencoed, sometime between 7pm on Tuesday, September 11, and 8:30am on Wednesday, September 12.

Two further thefts occurred on

Cwrt Coed Parc, Maesteg, and Heol Ty'n Y Garn, Pen-y-Fai, sometime during the night of Thursday, September 13, and the early hours of September 14.

Catalytic converters are usually the most expensive part of an exhaust system to replace.

(CONTINUED
ON PAGE 19)

Jail for woman who stole from Porthcawl care home resident

CROWN COURT REPORT by AJ SICLUNA

AN employee at a residential home for the elderly, has been jailed for 18 months at Cardiff Crown Court, for stealing more than £3,000 belonging to a vulnerable woman who was living there.

Sarah Jones (34), used the woman's bank card to make 13 withdrawals, and sums of money were used for a holiday for her and her boyfriend, said Recorder Jonathan Ferris.

Jones, of Heol Tegfryn, Pyle, had been found guilty of 13 charges of theft.

Prosecutor Caroline Rees said she had worked at the Breaksea Residential Home in Porthcawl, which dealt with frail and elderly persons.

The victim entrusted her with a credit card, but she stole a total of £3,100.

Fortunately, said Ms Rees, the victim became suspicious and

reported it to the staff, who made a check and discovered what had happened.

The defendant's counsel, Jeffrey Jones, said the defendant's father wished to repay the money to the loser, come what may, and the defendant will have to repay him.

"She had a long career in the caring industry, received high appraisals and was known to have a good side, and to be a very good human being.

"She now does not go out, and has become almost agoraphobic."

He said the offences occurred after she had suffered a miscarriage.

He said a non-custodial sentence could be considered.

In the future, she would have to face people, but fortunately, she blamed no-one else.

Mr Jones said she would struggle to find another job, but has a debt from a failed marriage.

The Recorder said: "You were found guilty after a four-day trial.

As a care worker, you used an elderly resident's cash card to steal £3,100 from her. The emotional impact on the victim is not insubstantial.

"These were mean

little crimes and you abused her trust in you when she regarded you as a friend. You abused the trust of your employers, and you told lies to the jury."

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SCHOOL FETE BIG SUCCESS

NOTTAGE Primary School summer fete, organised by the very active PTA, was an extremely well attended event, raising lots of money for projects in the school.

Barclays Bank contributed £750 towards the profits as part of their match funding scheme for school raffles.

The PTA is very grateful to Barclays and to all the local businesses in Porthcawl who donated prizes for this very successful event.

The school is hoping to install an outside classroom for the youngest children in the school to use when completing their forest schools work.

Sue O'Halloran,
Headteacher

Who cares about banking morality?

EVERYONE should be able to agree that the only purpose or justification for any form of national economics, is to serve the people of that nation.

The present unregulated form of economy, which the Coalition Government is manifestly failing to rescue, has already been exposed to the world as corrupt.

You cannot continue with a national economic system in which the international banks, upon whom commerce depends, have to pay huge fines when it has finally been discovered that they have been manipulating the Libor rate to suit their own deviant purposes.

We will never get honesty until we have

Home lessons

IFF building houses were the way to riches, Ireland and Spain would be rich; as it is, they have no money and endless unsold houses.

We are in danger of losing a long-term asset in the Green Belt (and the fields on St Athan Road) for a temporary expedient which there is no reason to suppose will work.

R Bradshaw, Cowbridge.

SHOUT puts questions to Adult Care

PORTHCAWL SHOUT Forum held a meeting last Friday at Trinity Church, Porthcawl, where guest speaker, Sue Cooper, head of adult social care at BCBC; Carol Killa, acting head of nursing from ABMU, and Peter Mannion from BCBC.

Sue Cooper gave a very detailed and clear powerpoint talk on the many changes taking place in the National Health Service, which the borough and local health board have to implement.

established systems within the banks, which alert Government agencies to dubious practices, such as bonuses paid to staff for selling services which the customer neither needs nor wants.

But it is not enough to banish dishonesty in the operation of banks, which should never have been there in the first place. That only happened because we, the public, were content to believe economists and directors who had little morality.

All that the Coalition are now vaguely hoping to fix, with daft measures like destroying the Green Belt, is still only an economy whose only aim is the same as it ever was – to serve the self-interest of bank directors and the money markets.

CN Westerman,
Brynnia

Sculptures designed and created by children from Bridgend county borough are currently on display at the National Museum Cardiff – as part of the 'Through the Magic Mirror: The World of Anthony Browne' exhibition.

Taking place until Sunday, September 23, the sculptures bring the picture book artist's colourful and imaginative combination of pictures and narrative to life and include some of his most popular characters, ranging from Alice in Wonderland's the

Queen of Hearts to Willy the Wimp. The children constructed the three-dimensional figures during workshops organised by Bridgend County Borough Council's arts and community development team, as part of the popular Play 4 Life activity programme that took place this summer.

Funded by local town and community councils, the free Play 4 Life sessions encouraged children to be more active, more creative, more involved and to have more fun playing.

Around 500 local children took part in this year's events based around arts, crafts, play and sport.



Willy the Wimp leads the characters into the museum.

MPs are here to help with your issues, so get in touch!

NEW words appear all the time – often prompted by advances in technology and the development of new ways to communicate.

Last year, 'Arab Spring' and 'phone hacking' were added to the Oxford English Dictionary, but the word of the year (or rather expression) was

way to lose weight, but a way of describing a section of society who are bearing the brunt of budget cuts and wage freezes, but without the resources to relieve the burden.

At a coffee morning during the summer recess, I came across a group who are facing particular pressure from two sides, a classic example of the 'squeezed middle'.

There are women in their 50s and 60s who are attempting to juggle a myriad of responsibil-

ties at both ends of the scale; care for grandchildren, care for elderly parents or relatives, whilst at the same time working to ensure they have a reasonable income when they eventually retire.

They all face a daily battle in trying to achieve a balance between caring responsibilities, work and their own lives. Many of the stories I heard then and since are tinged with guilt; the feeling that they can't give enough time to their elderly relatives or they live too far away to be able to respond immediately to every crisis.

This generation of women are particularly badly hit by unemployment and poverty in retirement. Over the last year, unemployment amongst women aged 50–64 has increased by 16 per cent (for men in the same age group, it was down by 1 per cent). In the quarter

between December and February 2012, 153,000 women aged 50–64 were out of work; an age group mostly likely to fit to go with it.

When will this country wake up? Tell the EU where to stick their rules and regulations and throw out all illegal immigrants.

It has been mentioned

that immigrants are costing us, the taxpay-

ers, £2.1 billion a year in welfare handouts.

This is scandalous when our own people are struggling to make ends meet and are relying on Food Banks to feed their children.

Come on, you MPs, wake up and look after our own.

Oh, and just to highlight the fact, MPs expenses have risen by 26 per cent.

D J Radford

ers, women are far less likely to have

access to a private pension, and for a significant number in their late 50s, they will have to wait longer before getting their state pension.

Nearly a quarter of women over state pension age are classified as living in poverty. Many at the coffee morning felt that caring responsibilities, particularly where elderly parents or relatives need support,

are not recognised by the state or society. It is not a question of not providing care in one form or another, but rather physical, mental and financial toll that goes unrecognised.

Informal carers save the state unquantifiable sums of money without receiving the recognition they deserve.

The challenge for society is enormous – younger women with children often have no option but to return to work but to return to childcare; we are all living longer and likely to need care, and for significantly longer; there is competition for jobs in all sectors of the labour market and there is the question of how we provide a decent retirement income for everyone.

I am doubtful that we have even begun to realise the scale of this challenge, and it will take more than a new expression to identify the solutions.

The coffee morning was one way of getting to hear about the concerns constituents have which I can then take with me to the House of Commons.

Communication is key between an elected representative and constituents; the problems people bring to my surgeries and send me are what drives much of the work I do.

Whether it be

changes to the benefits system, problems encountered with pensions or more unusual cases relating to unadopted land, I can ask questions, lobby Ministers and seek solutions.

Over the past year, I

WESTMINSTER NOTEBOOK

Bridgend MP
MADELEINE MOON
writes an exclusive
column from
Westminster for The GEM.



have been working to increase the channels of communication by introducing a weekly newsletter, 'This Week in Westminster', about what has happened in the House of Commons during the week.

The aim is to include a highlight of the key debates, explain how things work and endeavour to include some of the lighter moments of the week that may not be reported elsewhere.

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HIGH TIDE TIMES (UNTIL SEPTEMBER 27)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary.

For instance, in Barry, the high point will be 20–25 minutes later.

DATE	Time	Ht	Time	Ht
	AM	M	PM	M
20 Thur	09.53	9.9	22.13	9.8
21 Fri	10.36	9.4	23.00	9.2
22 Sat	11.27	8.9	23.51	8.5
23 Sun			12.28	8.4
24 Mon	01.07	7.9	13.56	8.1
25 Tues	02.39	7.8	15.21	8.2
26 Wed	04.08	8.1	16.36	8.6
27 Thur	05.07	8.7	17.28	9.2

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should always check with a tide table specific to their location.

A greater effort will be made in caring for people in their own homes and the borough will be divided into three areas.

Nursing teams will provide a more detail type of care and wellbeing in each area.

Porthcawl has a greater density of older people and the teams will reflect this.

Coun David Sage, BCBC Deputy Leader, has agreed to be the speaker on October 5 and the new Older People's Commissioner for Wales, Sarah Rochira, will speak at the Christmas meeting on December 2.

We have families

Community-led transformation CAERAU'S 'TIN SHOPS' SCHEME IN LINE FOR TOP RENEWAL AWARD

A PROJECT which has transformed the semi-derelict 'Tin Shops' site in Caerau, has made it through to the national Regeneration and Renewal Awards final later this year.

Organised by Bridgend County Borough Council, and largely funded through the Welsh Government's western Valleys strategic regeneration area, local people took a leading role in influencing the project.

"The dramatic and colourful transformation has restored the heart of the community to its former glory and caught the eye of judges, who made a visit to the site last week ahead of their final decision. The result will be announced at a special awards ceremony in November," a BCBC spokeswoman said.

Working with Communities First, residents conducted local research to ensure that Caerau's history and traditions were reflected in the new development. They also heavily influenced the design of the project, including the return of a postbox to the centre of Caerau, a colourful makeover of landmark buildings and hand-made tiles made by the community and inspired by Caerau's past.

Cabinet member for communities and a ward member for Caerau, Coun Phil White, said: "I was born and bred in the Llynfi Valley, so this project is particularly special to me. To see life brought back to some of these buildings is such a pleasure and the fact that the community worked so closely with the council to bring about this change makes it all the more special.

"Together, we have created something which celebrates the proud past of the area and leaves behind something for the community to be truly proud of. The results are a credit to the partnership and I wish everyone involved all the best for the award finals."

PROJECT WAS VERY SPECIAL

KATH CROSS, who lives on Caerau Road and was involved in the planning meetings for the project from the beginning, said: "When I first got involved with the project, there were only a few of us attending the meetings and my priority was to make sure that the area would look nice and that there would be park-

ing still available for residents.

"But over time, more and more people joined in with the meetings and we found that we had lots of ideas and suggestions to feed into the planning stages."

Kath enjoyed supervising the children who made the decorative tiles.

She said: "This element of the project was very special – we met with older residents to discuss their memories of the area and passed them on to a group of school children who interpreted them in their own way."

"I think the children were pleased that we were not there to get in their way; they had free rein to design and create the tiles themselves."

"I'm extremely proud of what we have achieved. There is a real sense of pride in the community. People look after the area now – in fact, one lady is out there every morning picking up any litter or leaves on the ground."

"Not only have we helped to make the area look so much better, but I have made some good friends and learnt a great deal about the area I live in."

NOSTALGIA FOR THE PAST

JENNY RAHMAN was born and bred in Caerau, and she can remember what an inviting place it was and how the village shopkeepers played such an integral role in the community.

"I can still see all the shops as they used to be. Ernie Davies the newsagent – he used to supply fireworks for the community to enjoy on bonfire night; Mr Snell the cobbler would dress up as Santa every year and go up and down the streets in a sleigh handing out sweets and oranges to all the children. Isaac the butcher kept us in fresh supply of meat and eggs."

"And everyone knew and loved the Sidoli family."

"It was sad to see the place fall into such decline. But now, the work which has been done has made a world of difference. Getting the young people involved I think has helped them to see the area from a different perspective."

"Myself and some of the other group members shared our memories with them and I hope learning some of Caerau's history has inspired them to look after our village for the benefit of generations to come."

Penybont club hails new slipway



PICTURED are Councillor Gwyn John and Rob Curtis; Julian Golanski, Dunraven Estates; Stephen Bowen, Highways Works Manager; Penybont Surf Life Saving Club's Imogen Jenkins, Louisa White, Neville White club treasurer and Deputy Chair driving the quad is Mile Allen.

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THE slipway ramp at Ogmore by Sea has now been officially opened to provide much improved access for emergency services and the Penybont Surf Life Saving Club, as well as water craft users.

Penybont Surf Life Saving Club had contracted the Vale Council's Highways team to design and build the slipway.

Club treasurer Nev White commented: "A lot of hard work by all partners now means that we have completed the exciting first phase of our future plans."

Vale cabinet member for the environment

and visible services, Councillor Rob Curtis said: "This is a clear example of what a partnership project can achieve."

Vale cabinet member for leisure, parks, culture and sports development, Councillor Gwyn John, added: "I applaud the efforts of those involved in completing the project so efficiently. Now complete, this scheme will improve safer beach access and enhance sea rescue throughout the year."

The Vale Council will now assume full legal ownership and accept responsibility for the slipway's future maintenance.

Conservation work to start at Kenfig Pool

CONSERVATION work will be taking place over the next month at Kenfig Pool.

As part of the habitat management at Kenfig National Nature Reserve, ecological maintenance works are being carried out to ensure that the pool and wetland areas continue to provide a valuable wildlife habitat.

Bridgend County Borough Council (BCBC) is working in partnership with the Kenfig Hill and District Angling Association, and the Countryside Council for Wales on the works, which are expected to be complete by 21 October 2012.

A spokeswoman explained: "Over the last 40 years, under-grazing and over-stabilisation of the Kenfig dune system has resulted in willow and alder scrub growing in large quantities around the pool."

"If left unchecked, in the long term this can reduce the surface area of both the pool and its surrounding wetlands."

Coun Phil White, the BCBC cabinet member for communities, said: "As well as being one of the last remnants of a dune system that used to stretch along the coast of South Wales, Kenfig National Nature Reserve is home to a wide range of insects, fauna and wildlife."

"We recognise that while it is a popular site for recreation, it is also an important site for conservation, and these works are necessary to ensure that the reserve is preserved and remains both an area of natural beauty and a stable habitat for wildlife."

The work will focus on the north pool lagoon and the areas of two recognised bird ringing sites, and has been timed so it can be completed before bitterns start to migrate into the Kenfig area.

Coun White added: "We are aiming to complete the work as quickly as possible, but there may be unavoidable disruption to some of the regular routes while it is being carried out, so we apologise for any short term inconvenience that this may cause. I'm sure users of the reserve will understand why."

The wardens are also keen to hear from volunteers who are interested in getting involved at Kenfig. The reserve has regular volunteer days and there is also an opportunity to help with the current habitat management works by helping to remove willow trees that have spread into the reed beds.

Contact reserve manager David Carrington for more information on 01656 743386.

Wedding Fayre

CJ Wedding Fayres present on **Sunday 23rd September 2012**

Wedding Fayre at **COTTRELL PARK GOLF RESORT**

St. Nicholas Cardiff CF5 6SJ

Course aims to help prevent suicide

MOST people considering suicide share their distress and their intent, sometimes very discreetly.

Would you know how to react if someone told you they didn't want to live anymore?

As part of the Staradwn Ni – Let's Talk Big Lottery-funded programme, free of charge two day courses are available to anyone living in Bridgend or Neath Port Talbot county boroughs to help people respond to these invitations for help.

Organised by Mind Cymru and co-ordinated by BAVO (Bridgend Association of Voluntary Organisations) and Neath Port Talbot Council for Voluntary Service (NPTCVS), the two day Applied Suicide Intervention Skills Training (ASIST) is for anyone aged 18+.

A spokeswoman said: "The course will give confidence to ask about suicide if you are concerned about someone's safety and provide you with the tools to help prevent the immediate risk."

Courses are held in the offices of BAVO in Maesteg town centre, Port Talbot Resource Centre and Neath Port Talbot CVS in Neath town centre. For dates, times and booking forms, visit www.staradwnni.org.uk, call BAVO on 01656 810400 or email: bavo@bavo.org.uk

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Maesteg students' 'living art project'



ABOVE: Jony Easterby with pupils from Maesteg Comprehensive School.

AN AMBITIOUS project to create a 'living art' landmark in Maesteg is making use of the skills of local students.

Maesteg Comprehensive School pupils are working with local artist, Jony Easterby, to develop the former railway site, Maesteg Washery, into an engaging public art space.

Funded by the Valleys Regional Park initiative, the project is a collaboration between Bridgend County Borough Council's arts development team and walking and cycling charity, Sustrans.

The project has a theme of bio-diversity, and involves school children working with Jony to design, plot and maintain the public artwork, an environmental land art piece which will include wetlands, a walkway, mixed trees and wild flowers.

AM's plea on job losses

THE Welsh Liberal Democrat Assembly Member for South Wales West, Peter Black, has expressed his sadness at the confirmation that Unilever are restructuring with 250 job losses, including the closure, by the end of 2013, of the former Alberto Culver manufacturing and distribution sites in Swansea and Bridgend.

The regional AM said: "I very much regret the decision by Unilever to go ahead with this restructuring. This is very sad news for the workers and their families in this area.

"This leaves our manufacturing bases susceptible when restructuring and our manufacturing work-force at risk.

"We now pay the ultimate price with local people being made redundant. I call on the Minister to provide sup-

port and advice to the affected workers immediately."

The local MP Madeleine Moon said she had been given advance notice by Unilever of their plans to transfer the 27 jobs at their Bridgend warehouse to Deeside in North Wales.

She said: "I appreciate the offer of Unilever to work with each individual employee at the Bridgend warehouse to support them through the redundancy process, and to offer relocation to Deeside.

"This will remain a devastating blow to the majority of the workers.

"I am informed that jobs will remain in place through to September or October of 2013.

"I welcome the Unilever advance notice which gives employees the opportunity to find alternative work locally if they cannot relocate."

THE Archbishop of

Wales, the Rev Barry Morgan is to give a talk on RS Thomas in Holy Cross Church, Cowbridge, at 7.30pm on Tuesday, October 2.

R S Thomas was born in Cardiff in 1913, the son of a sea captain. He was educated at Bangor University and received his theological training at St Michael's College, Llandaff.

He was ordained as an Anglican priest in 1936.

His writing career continued for 50 years during which time he produced 20 volumes of poetry.

GOLD MEDAL

He was nominated for a Nobel Prize and in 1964 was awarded the Queen's Gold Medal for Poetry.

While religion, understandably, was one of the major themes of his work, he also wrote

about nature, Welsh history and the lives of country people.

He enjoyed working in the countryside and spent his whole time as a clergyman working in rural parishes. After his retirement in 1978, R S Thomas lived at Rhiw on the Llyn peninsula in north Wales, close to his last parish of Aberdaron.

WORLD POET

His status as a writer at home is often determined by his stance on Welsh political issues, but beyond the boundaries of his homeland it is primarily the quality of his religious poetry that secures his international reputation as one of Wales's finest poets.

Tickets, £7, are available from Pamela Roberts 01446 772771, Cowbridge Parish Office 01446 772302, and Sorrento Furnishers, High Street, Cowbridge.

Mr L Tallon-Morris – Bayside Guest House, 70 Mackworth Road, Porthcawl – New dorm-

Course helps you to become a good listener

A FREE course is available to people in Bridgend county borough who want to improve their listening skills.

As part of the 'Siaradw Ni – Let's Talk' Big Lottery-funded programme, *Yellow Wales* in Maesteg is holding free-of-charge listening skills courses throughout the autumn.

From October to December, the two-day courses will be held in the *Yellow Wales* offices in Maesteg town centre, and at the offices of Neath Port Talbot Council for Voluntary Service (NPTCVS) in Neath town centre.

The course is free of charge to anyone living or working in Bridgend or Neath Port Talbot county boroughs.

The course is accredited by *Agored Cymru OCN Listening Skills Level 2, and is for anyone aged 16+*.

A spokeswoman said: "Co-ordinated by BAVO (Bridgend Association of Voluntary Organisations) and Neath Port Talbot Council for Voluntary Service (NPTCVS), the course looks at non-judgemental and active listening skills, communication and barriers to communication, and giving and obtaining information and criticism."

Dates and times can be found by visiting www.siaradwnni.org.uk and a place can be booked by calling *Yellow Wales, on 01656 737494, or e-mail enquiries@yellowwales.org.uk*

Who wants to build what and where in the borough?

Ms A Rees – 28 Cefn Coed, Cefn Glas – Fell two beech trees (91954) Glam CC No. 03.

Mrs S Thompson – Land at Ponty Rhod y Cyff, Llangynwyd – Proposed new stable and store.

Swesky Limited – The Old Church, Tythegston – Change of use from church to mixed use (business and retail) to include office, event management and showroom.

Mr and Mrs J Murrant – 63 Ewenny Road, Bridgend – New dwelling to create detached granny annex.

Mr W Wareham – 100 Lwydarth Road, Maesteg – Convert existing house to two new dwellings.

Mr S Williams – 2 Coed Parc Court, Bridgend – Extend existing balcony to side of property.

Mr L Tallon-Morris – Bayside Guest House, 70 Mackworth Road, Porthcawl – New dorm-

MOTORISTS in Maesteg are being alerted to the possibility that their route onto the M4 at Port Talbot may be barred.

Shadow Transport Minister Byron Davies, who is also a Welsh Conservative Regional AM for South Wales West, said that consideration is being given at the moment to the possibility of closing the two junctions of the motorway in Port Talbot.

He went on: "I understand that the Taibach and Pentylla junctions are both extensively used by motorists from Maesteg and the Afan Valley who are heading west.

"Closing them would have a severe impact on motorists from the Llynfi Valley who would be forced to make detours in order to access the M4.

"They would either have to travel from Maesteg down to the M4 at Sarn or, more likely, carry on going through Bryn and Cwmavon and then instead of going on the M4, use Pentylla Hill, travelling on through Baglan, over Briton Ferry bridge to either go to Swansea or join the M4 to head further west.

"Either way, it means people travelling miles out of their way and taking longer to complete journeys."

Mr Davies said that the Welsh Transport Minister Carl Sergeant had instigated a consultation over the possible closure of these two junctions which was taking place over the summer.

He continued: "I would also urge the Bridgend Highways department to investigate and make representations to the Welsh Government about the adverse impact that these changes would have on the town."

Mr Davies invited anyone with views on this to contact him on his website at www.bryndavies.org.uk

Bridgend Quiz League posers

HERE are this week's testers:

was murdered on December 27, 1170?

A RUDGE
(for Quiz League)

ANSWERS:
1. Oscar Wilde.
2. Neptune.
3. Sam Digges.
4. Thomas A'Becket.

roofs to car port and garage.

Ladbrokes Ltd – 32 Bryncoch Road, Sarn – External entrance ramp.

Mrs M Nicholls – 74 Darren View, Maesteg – Single storey rear extension plus associated works.

Neath Port Talbot CBC – Land at Mynydd Brombil, Brombil Farm, Margam – Erect five wind turbines with maximum height of 100m and associated access tracks, substation and ancillary equipment.

Mr R Forte – 19 Laburnum Drive, Porthcawl – Remove garage and form a utility/breakfast room to side of dwelling.

Mr G Sadd – 48 Marian Street, Blaengarw – Proposed first floor bedroom extension to existing property.

Regional Tory AM warns about possible closure of M4 junction

He added: "I do not think that people living elsewhere in Bridgend county borough will be affected. Most would get onto the M4 at one of the three junctions we have in the area.

"It is really only people living in the Llynfi Valley, who have this route to the west via Bryn, who would feel the impact of these changes."

Mr Davies urged anyone likely to be affected by this change to make their views known.

"The Welsh Government must be made fully aware of how these changes would play out. It is unreasonable to expect people in Maesteg to take a 10-mile diversion down to Sarn and then around to Port Talbot, but travelling through a residential area in Baglan is equally unacceptable.

"Any changes need to be carefully thought through, otherwise the solution will be worse than the problem they are trying to tackle."

Mr Davies said that these two junctions – Junctions 40 and 41 – were sub-standard and did not meet modern standards, but were still important access points.

He continued: "I would also urge the Bridgend Highways department to investigate and make representations to the Welsh Government about the adverse impact that these changes would have on the town."

Mr Davies invited anyone with views on this to contact him on his website at www.bryndavies.org.uk

The First Minister opens new walkway to market

PHOTOGRAPHS
by **RANDELL JOHN**
www.randelljohnphotography.com
01656 662324

AN important new link between Bridgend Indoor Market and the nearby multi-storey car park has been created with the extension of the Rhiw pedestrian walkway.

It was officially opened by Bridgend AM and First Minister Carwyn Jones, and was a Bridgend County Borough Council (BCBC) project.

The extension will mean that visitors to Bridgend town centre will be able to enter the indoor market directly from the car park for the first time since the market opened at the Rhiw in 1973.

The walkway has improved lighting and extra security

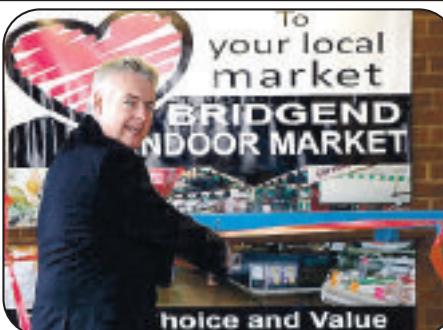
measures. It has ramped access into the Rhiw Shopping centre from the second floor of the multi-storey car park where it sits alongside the popular Shopmobility centre.

The BCBC Council Leader, Coun Mel Nott welcomed the work, saying:

"As well as improving this well-used public footbridge, we've designed it to support our stallholders and boost trade in the indoor market.

"The market is a well-known and well-used part of Bridgend and offers a great shopping experience for visitors. But we want even more people to use it.

"Now that we have this link it will encourage those parking in the Rhiw to make the market their first port of call."



ABOVE: Carwyn Jones cuts the ribbon.

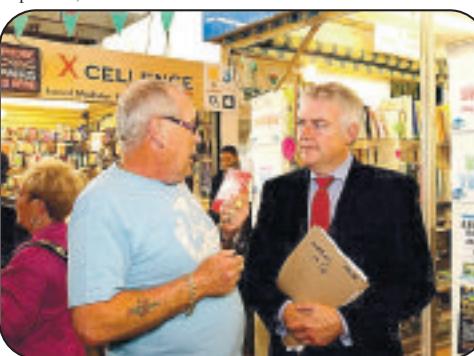
Originally a provisions market selling meat, fish and vegetables, Bridgend Indoor Market has developed over the years to offer a diverse range of goods and services.

With a new camera stall about to open, among the current stalls are butchers, a cheese and delicatessen counter, a greengrocer, a baker, cafes, a takeaway salad bar, a pet stall, hot and cold take

away meals, baby clothes and gifts, jewellery, bric-a-brac, second hand books, carpets, electrical spare parts, lingerie and hats, cookware, shoes, mobile phone accessories, t-shirt printing, dressmaking repairs, watch batteries, a computer shop, a barber, a beautician and a nail bar.

It is open every day of the week, except on Sunday.

ABOVE: At the opening are Carwyn Jones, Martin Nagel from the market traders' association, Coun Mel Nott, and Coun Marlene Thomas, the Mayor of Bridgend County Borough.



The First Minister talking to a constituent.

WI MEMBERS SHARE THEIR MEMORIES OF SUMMER...

AFTER the summer break, Southerndown WI met on September 13 when president Meryl James welcomed everyone and caught up on summer happenings.

Members met for a cream tea in August at

Ogmore Farm and a number of members participated in the Eisteddfod; 14 members produced individual bags to be sold during the week. Successes also came from the GFWI annual show. **Future events** QUIZ GFWI at Hi-Tide, Porthcawl; Link meeting 2013 (Southerndown host).

GFWI is 90 next year and institutes have been asked to produce a short history of life in their institute. There was no speaker for the September meeting and members used this time to contribute to 'Memories of Summer'. While it was not an ideal summer, it was one of happy memories.

Next monthly meeting: October 11 (7.15pm), St Bride's Major church hall. **BM**

WRITE IN!
Email your local news and other items of interest to: gemeditorial@tindlenews.co.uk or write to The GEM at Graig House, 53 Eastgate, Cowbridge CF71 7EL

BM

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HABERDASHERS' MONMOUTH SCHOOLS
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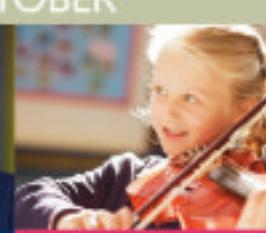
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GIRLS 7 - 18 with boarding from £

DOCUMENTARY TELLS STORY OF A BRIDGEND PARALYMPIAN

YOUNG Welsh athlete Aled Siôn Davies shot to fame during the London Paralympic Games and an S4C documentary *Aur Paralypaidd Aled Davies* (translation - *Aled Davies Paralympic Gold*) profiles the effervescent young man on Thursday, September 27.

Aled, who is from Bridgend and now lives in Cardiff, will be remembered for his ecstatic celebrations after winning gold for a throw of 46.14 metres in the discus in his first Paralympic Games.

However, as the documentary will show, his gold medal glory and his shot-put bronze medal a few days earlier were the result of years of hard graft and steely determination, as well as natural ability.

Aled was born with a combined disability in his right leg, which limits its functionality and means it has missing bones, and no muscle growth or ligaments.

The S4C series *Y Ras i Lundain (The Race to London)* earlier this year followed Aled's preparations for the Paralympics, along with the preparations of a number of other Welsh athletes aiming to compete in the London Olympics and Paralympics.

Cameras from production company, Boomerang, followed Aled for 18

months, as he recovered from a serious knee injury. Aled, a sports management student at Cardiff Metropolitan University, won a silver medal in the discus in the senior world athletic championships last year, and it was obvious he could become a genuine medal contender at the Paralympics.

The programme covers his meticulous preparations, the experience of competing and winning in London and the post-Games celebrations, which included victory parades in London and Cardiff. It also discusses his ambition to represent Wales in the Glasgow Commonwealth Games in 2014. There are interviews with Aled, his coach Anthony Hughes and his family and friends.

Executive producer Matthew Tunn said: "We have been on an unforgettable journey with Aled over the last two years. It's been a pleasure to be in the company of someone who was so positive, even at those times when the odds seemed stacked against him."

Aled Davies said: "It has been an amazing experience. I'm so grateful for all the support I've had. Winning the gold was probably the greatest moment of my life! Who said dreams don't come true?"

Aur Paralypaidd Aled Davies will be broadcast on Thursday, September 27 at 8.25pm on S4C with English subtitles.

Dog fouling at Dunraven Bay

IHAVE just returned from a visit to Dunraven Bay, home of the Heritage Coast Headquarters.

Surprisingly, there was no car park attendant so parking was free; I suspect that it's not cost-effective to pay one outside of peak holiday times. This fact, however, appears well-known to dog owners, as I counted eight dogs taken onto the beach in the short time I was there.

When I remonstrated with one person, I was told that there were other dogs on the beach, though I fail to understand how they believed that fact absolved them.

Embarrassingly, I watched one German visitor scrape the poo from her shoes – not a good impression of our country to take home.

It appears that outside

of school holidays, dog owners were to be fined, hopefully the publicity would deter others. After all, a parking fee of a couple of pounds is considerably less than A £75 fine.

Let's have some beaches where it's safe to walk, without having to constantly look down at one's feet to avoid dog mess.

Helen Lewis,
Brynna.

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EDUCATION & TRAINING

From unemployed graduate, to a new career in marketing

Rachel Trusler's story is one of true inspiration to both graduates and school leavers, and demonstrates how learning practical skills can help kick-start your career!

When Rachel graduated from university, she found it extremely difficult to secure employment, and applied for many office-based vacancies without any success.

Rachel was feeling unhappy, dissatisfied and unsure of what to do next.

She came to Pitman Training after meeting Leanne, one of Pitman Training's friendly advisors at a careers fair. They chatted about becoming a PA and Rachel felt more confident about getting her career started and excited about the future.

She soon started the Executive PA Diploma



RACHEL TRUSLER.

Diploma with Pitman Training, many doors have opened up to me. "Skills learnt at Pitman Training such as Word, Access, Excel and minute taking have really stood me in good stead for the tasks which are involved on a day-to-day basis.

"Pitman Training gave me the chance to pick myself out of a job rut and really go after what I wanted.

"Opportunities like 'student of the month' were invaluable at interview; I feel this helped me to stand out from the crowd – a big thank you to all the team at Pitman Training Cardiff for their support".

For FREE career and job advice and to see how we can help you, please contact Melanie, Katie or Leanne at Pitman Training Cardiff on 029 2034 2020, or cardiff@pitman-training.net www.pitman-training.com

and a few months into her training, was delighted to gain a new role as a marketing assistant with PA responsibilities.

The company Rachel joined, Actoris Developments, was extremely impressed with her high level of IT and secretarial skills.

Rachel is continuing her professional development and really enjoys the flexible training as it's easy to fit around her work commitments.

She said: "After gaining a degree, I struggled to find a decent career. Since enrolling on the Executive P.A.

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Get the Pitman Advantage

'NEVER A BETTER TIME TO GET BACK ON TRACK!'

Don't miss out on that adult education course!

New website link now makes the search easier

IT is not too late to enrol for an adult education course as places are still available on some courses starting at the end of September.

There has never been a better time to get back on track and gain some new skills and qualifications.

It's now easier than ever to find out about courses as a new website link has been launched that will take you directly to the adult education pages on the Vale's website.

You just need to go to: www.valecourses.org.

The new prospectus is also available at council buildings and libraries with details of all the courses on offer throughout the Vale of Glamorgan.

A wide range of courses are on offer for everyone including computers, photography, creative arts, languages, Welsh, health and wellbeing, history and literature.

It's a chance to learn something new and to develop yourself.

Many courses are now accredited with the chance to receive learning credits on the successful completion of your course for all your effort and hard work.

Computer courses for everyone from complete beginners right up to Clait and ECDL advanced modules are the way forward for many people.

They can gain ICT skills and useful qualifications for the workplace with modules for Word, Excel, and databases.

Courses in PC maintenance, Internet and email and digital photography help you to keep abreast of technology and how to use it effectively.

A wide range of creative arts courses are on offer – with several new ones, including mosaics, jewellery and stitch crafts, that will give you the pleasure of making your own crafts and clothes and even save you money.

Courses such as stained glass, kiln glass, carpentry, bicycle repair and upholstery will help you gain skills and set you on the path to becoming an entrepreneur.

Language courses are on offer in French, Spanish, Italian and German while more people than ever are taking up Welsh encouraged by the recent National Eisteddfod in the Vale and to support their children learning Welsh in local schools.

The new 'Get Back on Track' courses are especially designed to support jobseekers wishing to improve their skills for the workplace.

The one-day courses in computers and customer service skills are free to those on benefits and seeking work.

Free workclubs are also available to help jobseekers with job search, CVs and on line applications.

Enquiries and enrolments can be taken at centres during daytime office hours.

For more information and enquiries, contact centres:

Palmerston 01446 733762

palmerstoncentre@valeofglamorgan-gan.gov.uk

Cowbridge 01446 773831 aecowbridge@valeofglamorgan.gov.uk

Penarth 02920 701569 padedcen@valeofglamorgan.gov.uk

Jen's learning Welsh for little Gethin

JENNIFER EVANS, from Canton, has recently started learning Welsh to communicate with her little boy, Gethin, and finds it's really useful and great fun.

She said: "It's lovely, because since starting the course, we've begun reading Welsh books together and I've got some Welsh CDs that we sing along to."

"Also, the tutor has very creative and exciting ways of teaching, which makes learning Welsh a lot of fun."

Jennifer is also planning to send Gethin to a Welsh medium school, and is aiming to be able to help her son with his homework.

There's always a reason to learn Welsh. Why do you want to learn?

Courses are starting this week. Enrol now!

www.learnwelsh.co.uk or 029 2087 4710 or info@learnwelsh.co.uk

IT'S NOT TOO LATE TO ENROL FOR A COURSE!

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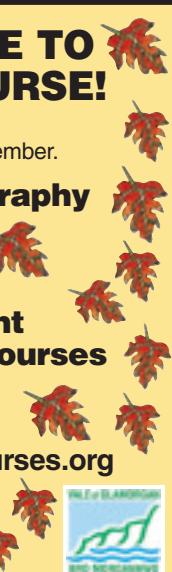
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ADVERTISEMENT FEATURE

EDUCATION & TRAINING

Thirst for knowledge doesn't finish at school!

FOR many people, their educational career ended when they completed O-Levels or GCSEs.

Some people went on to take A-Levels – and of those, a number went to college or university.

Although, many are anxious to get out into the world of work and earn a living, that doesn't have to be an end to education.

More and more people these days are tempted to get on a course, or take on a tutor, to learn something new.

The idea that a person's education finishes at a fixed point such as the end of school or the conclusion of university is well and truly over.

There are good social reasons for this.

Firstly, many people train for one career, and then have to switch to another one – and that can involve getting a new set of qualifications.

The GEM recently highlighted the case of Ian Ball, a Llantwit man who decided on a complete career change, studying as a mature student at Bridgend College to become a broadcasting technician.

The result? He was part of the technical team that brought you the BBC's news coverage of the London 2012 Olympics!

Ian's experience is becoming increasingly common. Some people started in a job after leaving school, but always dreamed of working in another field.

Colleges and universities now have large numbers of mature students who are enthusiastically looking forward to a new career in the second half of their 'employment life'.

And when people have retired, the thirst for education doesn't stop there. Some men and women find that they have time on their hands at last to learn a new language or acquire a fresh skill.

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ABOVE: Photography tutor Glyn Evans with a group of students at Palmerston Centre.



ABOVE: Jennifer Evans is learning Welsh because she plans to send her son Gethin to a Welsh medium school.



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To register you will need: Registration with the GTCW or have CACHE level 1-4 or a degree and have a minimum of 6 months experience with children in a classroom setting within the last 4 years.

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Multi Award Winning Teaching Agency

SONY CHIEF IS AWARDED FELLOWSHIP

Honoured by the University of Glamorgan for his 'outstanding' work for Sony in transforming its Pencoed plant

A FORMER Llantwit Major School pupil, Steve Dalton OBE, has been awarded an Honorary Fellowship from the University of Glamorgan in recognition for his significant contribution to the manufacturing industry.

He has been managing director of the Sony UK Technology Centre (UKTec) since 2005, and in that time he has been a key figure in the transition of the business.

The Fellowship was presented to Mr Dalton, at St David's Hall, Cardiff by the Rt Hon, Lord Morris of Aberavon KG QC, Chancellor of the University of Glamorgan.

Mr Dalton was brought up in Llantwit Major and since leaving school has established himself in the world of business and manufacturing.

The citation said that Mr Dalton had transformed the Pencoed-based business from a manufacturer of high-volume CRT TV products into a high-value, high-skill and low-volume manufacturer of high-definition, professional and broadcast camera equipment.

He had maintained the Sony UK Technology Centre's business competitiveness, and overseen the diversification of the company to ensure the site's sustainability.

Having joined the Sony Corporation in 1983 as a graduate electrical test jig designer, Mr Dalton was quickly promoted through various stages of his career.

His responsibilities increased to include: managing the site's manufacturing processes; leading the organi-

sation's new business start-ups in digital set-top receivers and the introduction of broadcast and professional camera manufacturing for worldwide distribution.

Julie Lydon, the vice-chancellor Professor at the University of Glamorgan said: "Glamorgan's engagement with key organisations like Sony is key to its success at producing graduates who possess the skills needed to enter the workplace.

"Steve is a great inspiration and role model to our students and we are proud to have presented him with this honorary award."

Receiving his award, Mr Dalton said: "It is a great privilege and honour to be given a Fellowship in recognition for my services to the manufacturing industry.

"As a discipline, engineering has always been an industry I have been fascinated by, and it has helped me in my career.

"By learning how to simplify business processes, manufacturing techniques and organisational management into small manageable pieces I have been able to improve the site's sustainability and longevity."

Mr Dalton has also received an OBE for his services to industry in Wales, in Her Majesty Queen Elizabeth II 2011 New Years Honours List.

He is a member of the Institute of Directors and was awarded the Institute of Directors, Director of the Year, South Wales Award earlier this year.

Honorary Fellowships are given in recognition of outstanding achievement by an individual in a given field or profession.



Steve Dalton (centre) receives his Fellowship from Chancellor Lord Morris and Vice-Chancellor Julie Lydon.

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Waitress Ranya (19) in the line-up for Miss Cymru International title

A WAITRESS is bidding to become Miss Cymru International 2013, and make it through to Miss GB International 2013.

Ranya Riga, 19, has previously competed in the Miss Vale of Glamorgan finals, and was heavily involved in charity work.

The beauty competition, run by The Joshua Foundation, provides a platform for young women all over the UK to help fundraise for the charity, to provide holidays and experiences for children with cancer and their families.

Ranya, from Barry, has starred in an episode of *Being Human*, alongside Hollyoaks actress, Emma Rigby. She aims to be a successful beauty therapist, and in the future go into dermatology.

Firefighters' charity walk to finish in Kenfig Hill

A firefighters' charity walk later this month will finish in Kenfig Hill.

On Friday, September 28, firefighters from South Wales Fire and Rescue Service will set off from Bristol for a two-day sponsored walk covering 70 miles, raising money for two worthy charities, 'The Fire Fighters' Charity' and 'Cots for Tots'.

The walk will take the team across two Fire and Rescue Service areas, starting off from St Michael's Children's hospital, Bristol, Avon, and is due to be completed when the crew reach Kenfig Hill Fire Station on September 29.

The Fire Fighters' Charity is the UK's leading provider of services that enhance quality of life for serving and retired fire fighters, fire personnel and their families. Their vision is to make a positive difference by supporting people in the fire and rescue community when they are in need.

The Cots for Tots Appeal raises funds to support the Special Care Baby Unit at St Michael's Hospital, Bristol and Cots for Tots House, a dedicated 12-bed room family accommodation facility for parents of sick and premature babies.

Cots for Tots is part of the same fundraising family as Wallace and Gromit's Grand Appeal, the Bristol Children's Hospital Charity.

The charity's are very close to two of the fire fighters' hearts as CM Heath Baron and FF Jason Parry explain: "Community nurse Sian Kelly sadly lost her grandson back in March of this year, so to show recognition for the tireless work of friends, the community, the nurses and the charity, it gives us great motivation to raise as much money as we can."

To make donation visit: www.virginmoneygive.com/team/kenfig-hill-fire-station

Co-op boost for a food festival!

THE Co-operative will support the alternative food festival, Feasitival, due to take place in Bridgend at the end of the month (September 28-29) by taking a stall at the event.

Gary Chappell, operations manager

for The Co-operative in the Bridgend area, said: "The Alternative Food Festival is a fantastic event which showcases the best of local produce in a quirky and exciting way. I'm delighted that we can play a part in this year's event."

Ranya is pleased that beauty and charity have been combined and wants to hold a boxing night in a club to raise money for The Joshua Foundation.

She raised money for The Joshua Foundation in 2011, when she went round local pubs collecting money for a raffle with a signed rugby shirt as the top prize.

Ranya said: "After entering Miss Vale of Glamorgan before, I just wanted to go through the experience again and raise as much money as possible. To achieve this, I am planning on doing a skydive."

Ben Cornelius-Price, national director of Miss GB International said: "Miss Cymru International not only gives the girls a chance to shine, but also helps raise money for The Joshua Foundation.

"The girls get the chance to be ambassadors for Wales and help such a good cause through their fundraising".

Ranya will find out if she has been selected for the Miss Cymru International final in the next few months.

The winner of the regional qualifier will be joined by the first, second, third runner up, top three fundraisers and the girls who are voted top three in the popularity votes in the grand final of Miss GB International in spring 2013.

The current winner of Miss GB International is Cally Jane Beech, who represented Great Britain at Miss International in Chicago on July 27 and placed in the top ten.

Applications are still open. To apply, visit www.missgbinternational.com



ABOVE: The Royal Welsh, pictured last time they marched in Bridgend.

Royal Welsh reaffirm Freedom of Bridgend county borough

SOLDIERS from the Royal Welsh will reaffirm their Freedom of Bridgend county borough in a special ceremony on Wednesday, October 3.

The regiment was first granted the honour in August 2008, when thousands of people lined the streets of Bridgend town centre to watch the parade.

Four years on and Bridgend County Borough Council has invited the regiment back for a second parade in which the Freedom of the County Borough will be reaffirmed.

It will also mark the borough's appreciation and support for our armed forces and the Royal Welsh's special relationship with the area.

The event, beginning at Bridgend Recreation Centre, will include a formal ceremony outside the council's Civic Offices in Angel Street, followed by a march through Bridgend town centre.

BCBC Leader, Coun Mel Nott, is calling on residents and school children to once again give up their lunch time to come out and cheer on the servicemen and women as they march.

Coun Nott said: "We are proud of Bridgend county borough's tradition of supporting our troops. Once again we have chosen to schedule this special 'Freedom' ceremony around lunchtime in the hope that as many

people as possible will line the streets to support them.

In recent years, the regiment has undertaken operational commitments in both Iraq and Afghanistan.

"As a council and as a community we feel enormous pride in their courage and dedication to making our world safer and more secure."

"We are also extremely proud of the contribution offered by the 2nd Battalion, as part of the security for London 2012."

The Welsh Guards will begin their march from the Bowes Hall car park next to Bridgend Recreation Centre at 12.40pm.

They will march along Angel Street to the Civic Offices where, at approximately 12.50pm, the Mayor of Bridgend County Borough, Coun Marlene Thomas and Lord Lieutenant for Mid Glamorgan, Mrs. Kate Thomas, will be invited to inspect the parade.

The Mayor will read a short speech and following prayers, will grant permission to exercise the rights conferred on the Royal Welsh.

The soldiers will turn and march across the bridge at Water Street and along Queen Street, Caroline Street, Adam Street and Wyndham Street to the war memorial at Dunraven Place, saluting the Mayor outside Barclays Bank before finally marching back over the Water Street bridge.

Kitten's lucky escape – after three days stuck in a car engine!

A VERY lucky 10-week-old kitten has survived after being trapped in a car engine for three days.

The story began when the kitten was heard meowing by Mrs Roberts, who lives in Bridgend.

She was concerned because of the distressed tone of the cat, and searched the neighbourhood but was unable to trace the source of the meowing.

She continued to hear the pitiful meows over the next couple of days but despite repeated searches, couldn't find where they were coming from.

Finally, after three days, she was standing next to a neighbour's car when she realised that the meows were coming from the car.

She alerted the neighbour, who was shocked to hear this, especially as she had driven the car on a 14-mile round journey recently.

Sue Dobbs, the manager of the Bryncethin Cats Protection Centre, told The GEM: "It proved very difficult to free the cat from the engine."

"Four neighbours tried and, eventually, Mrs Roberts' husband, Norman, a mechanic at Autofix Garage, jacked up the car to rescue the kitten."

Mr Roberts said: "The last incident involving a cat trapped in an engine several years ago didn't have a happy ending, as the cat didn't survive his injuries."

"It's great to have been involved with my wife in the rescue of this little kitten."

The kitten, named 'Shell' by staff at the cat protection centre because of the oil covering her coat,



ABOVE: 'Shell' the kitten which had a remarkable escape

is very fortunate to have survived her ordeal.

Sue Dobbs said: "She was terrified, dehydrated, and underweight when admitted to the centre.

"However, after a warm bath and lots of TLC she is well on the way to recovery."

• The Cats Protection Society can be contacted on 01656 726621, or by e-mail on: bridgend.manager@cats.org.uk

NEWS UPDATE FROM THE FONMON APIARY

Weather is playing havoc with the queen bees' love life!

THE beekeeping year is well advanced now, and what a year it is proving to be – as always, it is the weather that defines what can and cannot be achieved by the bees, and with the very wet and changeable conditions, not much has been achieved so far.

Fonmon Apiary bees have been assisted in their survival by way of feeding with sugar syrup (sugar and water mix), as have all other bees under my control. Without this assistance, the demise of many colonies would have occurred.

Will there be a honey crop this year? Certainly, but it will be a much reduced one – if we decide to take any at all. Of the 10 hives in the apiary, only two have been able to get by without intervention by me.

Those that have had assistance will not, of course, be used as honey producers due to the fact that sugar syrup will be the contents of their honeycomb, not nectar awaiting conversion into honey.

How else has the weather been affecting the bees? As ever, swarming has occurred, and this perfectly natural occurrence is how the bees ensure the survival of their species.

When a swarm issues from a hive it is the old queen that departs, taking with her a majority of the bees, plus much of the honey/sugar syrup with them, as they know that wherever they land they must begin the task of building a new home.

To build this new home, wax needs to be produced which in its turn requires a source of food, hence they depart carrying their energy needs with them.

They do, however, leave behind a hive with a lesser population of bees and one in which the provision of a new queen has been assured.

This new queen has to be mated before she can produce eggs that will

provide drones (males) and workers (females). Mating is carried out on the wing, and fine weather is essential for this to happen.

Thanks to the adverse weather conditions the new queens are not leaving the hive and consequently mating with drones (she mates with 10-20 at least) is not taking place.

This omission does not mean that a queen cannot lay eggs. It is just that any eggs she does lay will only emerge as drones.

What problems is this causing? Male bees are only in existence to fertilise new queens. They do not have a sting and cannot protect a hive, they do not have the ability to make wax, and they do not go out foraging.

Therefore, a hive whose population is made up of only a queen and drones is going to die out due to the absence of the vital female bees.

It is the ladies who do all of the work in a colony of honeybees!

So the beekeeping year is drawing to a close, and what have we yet to do? As always the varroa mite must be addressed and measures undertaken to reduce the ravages it can cause within a colony of bees.

Equipment that is not now required, ie honey frames, must be stored in a manner that will not allow the two species of wax-moth to invade them, as their predation can also add to the bees' and the bee-keepers' problems.

But that is another story and will be expanded upon in future articles. All in all, things could be worse, won't it?

HAROLD WILLIAMS

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HMP PARK IS PUT UNDER THE MICROSCOPE...

Monitoring board's report gives snapshot of prison life

THE Independent Monitoring Board has published its annual report on HMP and YOI Parc.

HMP and YOI Parc is a category B local establishment and Young Offender Institution with a small Young Person's Unit and a current operational capacity of 1,474, and a maximum capacity of 1,670.

HMP and YOI Parc opened on November 17, 1997, and is the only privately run prison in Wales. It is managed by G4S Care & Justice Services on behalf of the National Offender Management Services.

The board's overall conclusion was: "HMP and YOI Parc is a well-run and safe prison giving prisoners and young people the opportunity to develop skills and gain qualifications which will assist them, once they return to normal life."

The board expressed concerns that prisoners and wing staff were not always aware of medical and dental appointments, and a better communication system must be put in place to inform prisoners of these.

The board also noted that, despite the appointment of a new Coroner, there are still a number of inquests to be heard, one going back to 2009, but the numbers are fewer than in previous years.

The report said: "We urge the Minister to take action to resolve this matter so that prisoner's families can achieve closure."

There was praise for the fact that, once again, HMP Parc has achieved outstanding results in the Koester Awards – the best ever and the board says that this is a true reflection of the work carried out in the creative arts department.

The report continued: "The horticulture and animal husbandry departments go from strength to strength and it is a pleasure to see the colourful floral displays across the establishment.

The department consists of a dedicated team of staff and prisoners alike, who enjoy a hands on experience tending the animals, giving prisoners a purpose in life.

"Parc Supporting Families is an innovative project and exists for prisoners resolved to reform their

REPORT by PHILIP IRWIN

approach to life, acquire skills for living in the community and above all to retain family links.

"It is successfully run by a very dedicated team of staff and HMP Parc should be commended for their work. They have also been successful in securing a lottery bid which will give them £4 million-plus over the next four years to develop new initiatives."

The board concluded: "There is a great deal of good work going on at HMP Parc but, as reported in previous years, HMP Parc does not always celebrate its own successes."

"More effort is needed to inform the board and the local communities of the excellent projects going on, and the effect this has on the prison population at HMP Parc."

The board pointed to other aspects of the prison, saying: "Parc is a culturally diverse prison with a prisoner Black Minority Ethnic (BME) population of 11.7 per cent."

"This is an increase of more than two per cent from the last report of 9.37 per cent.. This is not reflective of the population of the local area or of the staff profile, which remains at 2.7 per cent."

The report said that 4.4 per cent of the current prison population were foreign nationals.

This means that when the report was compiled, there are 63 foreign national prisoners, five of whom had finished their sentences.

One prisoner from India was due to return home. The other four from Iraq, Pakistan, Somalia and Jamaica remained in custody.

The board looked at the Young Persons' Unit, which is a 64-bed unit, responsible for housing 15 to 17-year-olds. The unit has designated staff, trained and equipped to work with young people and their needs while in prison.

The Board reported that the unit is well run, with the young people's interests put first, and said that it was monitored closely and was often visited.

Members of the Board have regularly attended monthly safer custody meetings, which look at the safety and welfare of prisoners.

The board said that there were two deaths in custody during the year [not self-inflicted], the investigations into these deaths are still underway and no date has been given for the inquests.

The report went on: "There has been an increase of 173 in the self harm figures compared to the last reporting period. Cutting and scratching remain the most prolific type of self harm."

The report said, however, that these figures included a number of "prolific self-harmers who injure themselves repeatedly".

It said: "The Safer Custody Unit (SCU) provides a safe and supportive area for prisoners in times of crisis. The aim of the unit is to provide intensive care and support for prisoners who need to be relocated from a large residential unit to a more intensively supported location."

"A number of interventions are available on this unit including yoga, 'a stop and think' programme for prisoners who have problems controlling their emotions or behaviour, emotional freedom techniques, meditation, anger workshops, acupuncture and stress management."

"Animal husbandry (now with the addition of two ponies) continues to be of great benefit, especially to vulnerable prisoners."

"The two PAT dogs on the unit are looked after by one of the prisoners, one of whom, looking after these dogs, commented: 'These dogs have totally changed my life as I had the job of looking after them and have done so for seven months.'

"The job with the dogs and the trust and respect I have from the officers to the managers has enabled me to have total control of my life."

Turning to the subject of assaults in the prison, the board reported: "The number of serious assaults committed throughout the year was 27."

"This is the same as the previous year, despite the increase in prisoner numbers. There were 63 assaults on staff during the reporting period."

"The Young Persons Unit provided a disproportionate number of assaults per prisoner compared to the rest of the prison."

Council launches its 'fill potholes' campaign

THE Vale Council has launched a campaign aimed at tackling potholes in the Vale by blitzing one area every weekend.

The Dyfan ward in Barry has been selected as the first, and council highway maintenance officers will be there on September 28-29.

The 12-month campaign is called 'the BIG Fill', and residents in are being asked to tell highways staff about potholes in their area.

A council spokeswoman said: "You can do this by checking the BIG Fill's weekend schedule to see when the council is visiting that area on www.valeofglamorgan.gov.uk or look out for details in the local press."

"Telephone 01446 700111 and tell them you're reporting a pothole under 'The BIG Fill' campaign, email us at thebigfill@valeofglamorgan.gov.uk, or use the interactive map on www.valeofglamorgan.gov.uk.

"The team will be taking bids to have potholes fixed in the Dyfan ward between Monday, September 24, and

Friday, September 28. "Any outstanding potholes will be added to the team's weekday schedule or included in the council's three-year road resurfacing plan."

The Council's operational manager for highways and engineering, Andrew Loosmore, said: "In our recent public opinion survey, some residents said they were fed up with the state of the Vale's roads."

"Our highways teams already work on the roads from Monday to Friday. But now we are specifically targeting potholes on weekends."

"During 'The BIG Fill' campaign we are hoping to make a substantial improvement to the roads by specifically targeting areas and attending to many potholes and road defects."

"So, next time you find a pothole in the road, let the team know and we'll fix it as soon as we can."

The spokeswoman said that The Vale Council has approved borrowing of up to £6.7 million over the next three years in line with the Welsh Government's Borrowing Initiative to pay for the programme..

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RSPCA warns cat owners about 'poisoning plague'

THE RSPCA has warned pet owners about a rise in reported cat poisonings it has received across Wales in recent weeks.

In one of the latest incidents, in Pontyclun this month, three cats belonging to the same family died of suspected anti-freeze poisoning.

Two other incidents were in the small Pembrokeshire village of Camrose, where a family's three cats have been poisoned, and in New Inn, Pontypool,

where a woman recently suffered the death of her cat due to poisoning, only months after her other cat died in the same way.

An RSPCA spokesman said: "In all these incidents, the RSPCA has been given anecdotal evidence of many other cats that have been fatally poisoned in these areas."

Another case was in Port Talbot in August, where two cats died, and in Caldicot in the same month, two cats belonging to Mandy Blackwell also died.

On Thursday, August 23,

Mandy noticed that Luigi was very lethargic and unable to bear his own weight. She took him to a veterinary surgery who prescribed medication.

Early next morning his condition deteriorated and he went into spasm. Luigi was rushed to the vets and died a few hours later.

While she was at the surgery, Mandy received news that her other cat, Lucky, was unwell and her neighbour was bringing her in. Lucky was displaying the same symptoms as Luigi and

died the same day.

The RSPCA superintendent for Wales, Martyn Hubbard, said: "The deaths are highly suspicious and disturbing. We need the public to come forward with more information."

"Anti-freeze is very toxic to cats and sadly once ingested they suffer from kidney failure within a few days."

"Cats like its sweet taste and don't have to ingest much for them to become seriously ill. Effective treatment is only available if caught within the first 24

hours but this is not normally possible, as the cat shows no sign of being unwell within this time."

"By the time the cats show signs of illness, there is nothing that can be done to save them."

"We would also ask perpetrators to be aware that deliberate poisoning using anti-freeze could mean a £20,000 fine and/or six months in prison under the Animal Welfare Act."

"Owners should be vigilant and contact a vet immediately if they suspect that their pet may

have been in contact with the chemical, or if they see any warning signs or symptoms."

"The sooner the animal is treated, the better the chances of survival."

If anyone has any information about this incident, or any related incidents in the area, they are urged to contact the RSPCA cruelty and information line on 0300 1234 999. Calls will be treated in confidence.

Expansion for airline operating from Rhoose

CARDIFF Airport has received a timely boost – a week after the Helvetic airline announced it was discontinuing its general service to south Wales.

Eastern Airways, which operates flights from the airport, has further expanded its jet fleet after taking delivery of a third Embraer 145 regional aircraft, increasing its number of jets to five.

This new addition to

the UK's second largest regional airline follows on from the arrival of its second Embraer 145 jet in June earlier this year.

This Embraer 145 is manufactured in Brazil, has 50 seats, two Rolls Royce A3007 jet engines and a cruising speed of 521mph.

It will partly fly on the airline's comprehensive domestic network and also operate on the charter flying programme serving oil and gas organisations, corporations, blue chip companies, sports teams, the music indus-

TY HAFAN LOTTERY DRAW WINNERS

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number 740.

● £2000: 616646.

● The rollover, which now stands at £7,500 was not won this week.

● £10: 137947, 579411, 276709,

456735, 475994, 664829, 187333, 857134, 266817, 715613, 310936, 462880, 791855, 575039, 432675, 323450, 459383, 365577, 542228, 344200.

● £5: 656589, 761444, 204578, 345725, 174682, 194793, 388706, 495052, 430683, 209241, 361134, 135468, 178399, 272811, 587976,

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2067 2062.

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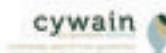
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ac o Gymru
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Out and About with The GEM

WHAT'S ON

Park opens tonight

B E L V E D E R E P A R K, opposite **C a s t l e l a n d C o m m u n i t y C e n t r e,** will be opened tonight (September 20), 4pm to 7pm.

Local residents are invited, and there will be music from Danny's Disco.

AM's surgeries

E L U N E D P A R R O T T, AM for

South Wales Central, will be holding an advice surgery in Tesco Superstore, Terra Nova Way, Penarth, between 1pm and 2pm in September 21.

Residents who have any issues of concern are encouraged to come along – no appointment is necessary.

Silent auction

B A R R Y Choral Society will be holding a silent auction on Saturday, September 22 from 3pm-5pm at the Millennium Hall, Park Road.

Tickets priced at £4 (to include tea, coffee and refreshments) available from choir members, at the door and from Harmony Furnishings, High Street. Contact Beryl Weale on 01446 418695.

F l o w e r arrangers

T H E Penarth F l o w e r Arrangement Club is having a demonstration evening, starting at 7.30pm on September 26.

The demonstrator is Mrs Elizabeth Graham,

from Machen, and her theme is 'Colours of Autumn'. It takes place at the Masonic Hall, Stanwell Road, Penarth

For any enquiries, telephone Ann Dobbins on 029 2070 3605.

Clairvoyance

C A D O X T O N

Christian Spiritualist Church, Kenilworth Road, is holding a special clairvoyant evening on September 26 with medium Berni Scott from Bristol at 7pm. Admission £3; proceeds in aid of church funds.

Creative writing

A NEW creative writing course will begin on September 26 at the Kym in Penarth. It will cover short story writing and poetry, with lively discussion and practical exercises in a friendly environment.

Contact Steve Hitchins on 07843 724207.

Waterfront exhibition

T H E R E will be a coffee morning and exhibition at Windsor Road United Church (opposite Mount Sorrel Hotel)

Barry, 10 a.m. to 12 noon on Saturday, September 29.

There will be free refreshments and a chance to view the plans for the Waterfront Centre and garden, which will be near the old Focus site.

New reading group

T H E Vale's first 'Shared Reading Group' meets in Barry's West Quay Medical Centre at lunchtime on

Hitchcock meets hilarity on stage in Penarth...



BETWEEN September 27-29, the Paget Rooms in Penarth stages the latest production by the Concept Players, The 39 Steps.

This humorous adaptation of the Alfred Hitchcock film based on John Buchan's spy thriller starring Robert Donat and Madeleine Carroll, centres round the exploits of Richard Hannay

as he fights to clear his name of a murder he did not commit and discover the secret of The 39 Steps.

What makes it an extra special farce is that all the parts, (and the play claims that these number over 100) are played by just four actors.

Tickets are available from the Concept Player's Box Office on 029 2049 0019 or via their website www.concept-players.com.

September 28 at 7pm.

Tickets (£6) are available at the door, from choir members or by telephoning 01446 402398.

The programme includes operatic arias, stirring Welsh hymns, subtle harmonies and rousing choruses.

Scout jumble

T H E 1st Dinas Powys Scout Group holds a jumble sale (1.30pm)

on Saturday, September 29 at the Scout Hall, Highwalls

Road, Dinas Powys. Admission 50p.

Legion AGM

THE Bridgend Branch of the Royal British Legion holds its annual general meeting on Tuesday, October 9 at 7pm in the United Services Club.

Volunteers are needed for Poppy Week on October 26-November 10.

Please contact Andrew Reekie on 01656 6699 for more information.

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Co-Op winners

The winners of our recent competition, which gave readers the chance to win a L'Oréal gift set containing six fabulous must-have items for men and women, in conjunction with the newly-renovated Co-Operative pharmacy in Llantwit Major, were:

Katrina Hewitson,

Barry; Carol Hollings,

Cowbridge, Mrs N

Cullen, Llantwit

Major; Meryl

Davies, Porthcawl; J

Harding, Brackla;

Cynthia Davies, St

Athan; Chris Jones,

Barry; Carol Ivory,

Llantwit Major.

Congratulations to

you all!

Look out for more
great GEM competitions



AUTUMN IS HERE

"Jobs to do around the home"



Autumn is a time of natural beauty – and a time to prepare for the months ahead!

AUTUMN brings lots of changes and is a time for us to take stock of things around the home before the winter months set in.

There are a number of areas to be checked.

Here are just a few tasks to consider.

Check external lighting around the home to make sure paths are well lit to help prevent accidents.

Make sure boilers and heating systems are maintained ready for the winter.

Check cavity wall insulation and double glazing. A warm draught

proof home is important to keep you safe and in good health.

Clean paths – jet wash them to make sure they do not become slippery or hazardous.

Clean out gutters to allow free flow of rainwater.

Check your roof to make sure there are no loose or broken tiles.

Have the **chimneys** swept before lighting fires.

Make sure you have ordered **sufficient fuel**. Do not get caught out if winter arrives faster than you expect.

Trees and hedges may require cutting back.

Bulbs may need **planting** for the spring.

Now that the children

are back in school perhaps it's time to **freshen the home**, with painting and decorating.

A good clean through might be a good idea, **carpets washed**, and a top-to-toe, late spring clean because we never had a spring this year.

So don't waste any time – getting started as soon as possible means you're less likely to have problems in the winter!

RIGHT:
Autumn is upon us and is a time to enjoy the rusts and golds of nature as we head for winter.



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WHO WANTS TO BUILD WHAT, AND WHERE?

Mr Ken Broad – **8 and 10, Lower Pyke Street, Barry** – Erection of two dwellings following demolition of redundant church building.

Ladbrokes Plc – **5, The Precinct, Llanwit Major** – Proposed change of use from vacant A1 (retail) to A2 (betting office), together with alterations to the shopfront and advertisement consent for illuminated signage.

Ewenny Priory – **Land off Abbey Road, Ewenny** – The erection of five detached dwellings, access arrangements, landscaping and associated works as 'enabling development' to facilitate the restoration of Ewenny Priory.

Miss Eleanor Wells – **34 Borough Avenue, Barry** – Garage, garden room

and outside store.
Mr and Mrs McQuaid – **The Pheasant House and Dovecote, Nash Manor, Cowbridge** – Demolish existing conservatory linking the Pheasant House and the Dovecote. Construct new enlarged conservatory on broadly the same footprint.

Mrs Kate Williams – **23 Windsor Road, Barry** – Single storey extension to rear side of existing building.

Mr and Mrs Tom Evans – **2 Crofta, Dinas Powys** – Alterations to existing property comprising two storey extension to side and single storey extension to front. Existing garage converted to living accommodation.

Mr Joseph Cordina – **Dukes Farm, Gower Lane, Leckwith** – This

application is for the change of use of land from dog racing tracks to grassland; and change of use of a building from keeping and training dogs to stables for keeping horses that are owned by the applicant. The stables are for private, rather than business, use.

Mr Alec Paterson – **26 Birch Lane, The Paddocks, Penarth** – Proposed two storey side extension, new crossover, garage conversion and single storey rear kitchen extension.

Mrs Jani Bosma – **128 Fontygary Road, Rhoose** – New roof over existing bungalow providing a new master bedroom with en-suite and walk-in wardrobe, study and family bathroom.

Mr Darren Massey – **This**

Stanwell Road, Penarth – Demolish existing garage of 20m² and build a new unit to house small gym at 12m².

Mr and Mrs C Williams – **The Three Tuns, St Nicholas** – Erect proprietary timber garden room to rear of property.

Warren Mill Farm Park – **Warren Mill Farm Park, Pendoylan** – Conversion of the Old Mill to bunkroom accommodation (up to six persons) with living room/dining room, kitchen, bathroom and bunkhouse.

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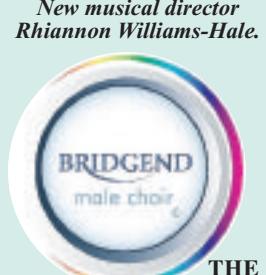




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Introducing . . .



Organist Scott Williams.



Principal accompanist Laura Smith.



Second accompanist Stephanie Bailey.

Bridgend Male Choir could be the hobby you have been looking for!

THE Bridgend Male Choir is an ambitious choir known for its high-quality concert performances.

Having gone through the trauma of the death of our well respected musical director John Jenkins early this year, as well as the passing of several choristers in recent times, the choir is determined to embark on a phase of redevelopment.

We have already appointed our new musical director, Rhiannon Williams-Hale. The next essential step is a recruitment campaign to attract new members.

It is important to say that new choristers do not have to be experienced, although that would be an advantage. As has been seen on several recent TV programmes, absolute beginners can develop into competent choristers given commitment and the right support.

The musical team at Bridgend Male Choir is second to none. Rhiannon Williams-Hale has a

wealth of experience in all aspects of choral singing and direction. Laura Smith, our principal accompanist, regularly wins plaudits for her mastery of the piano. She is ably assisted by Stephanie Bailey, our second accompanist, who also serves as deputy musical director. Finally, we have Scott Williams, organist, who accompanies the choir in many concerts.

The choir's repertoire is generally typical of Welsh male choirs, but is noted for its range and variety. As part of the development of the choir, we will be seeking to introduce new and exciting pieces which may appeal to younger singers and audiences.

In a normal year, the choir will sing at around 25 to 30 engagements, including weddings and full-blown concerts. Our plans for the future will include concerts around the UK and abroad. Currently in the pipeline are potential visits to Cornwall, Ulster, Spain and the Netherlands. We also aim to produce a new CD in the not too distant future.

What could you get out of the choir?

Companionship and comradeship with a group of like-minded individuals; the 'feel good factor' that comes from singing in a group, and singing well; the benefit of the exercise from singing; subsidised tours with the choir.

What would you have to put into the choir? Regular attendance at weekly rehearsals on Thursday evenings; regular attendance at choir engagements; commitment to learning the choir repertoire; annual membership subscriptions, currently £60, or little more than £1 a week; supporting choir fundraising, such as annual lunch and prize draws.

Have you been inspired by the Olympic spirit? Do you fancy joining a synchronised singing team? To enjoy the singing and the ready companionship that the choir has to offer is a wonderful thing and the only way to find out is to give it a whirl. If you are interested, come along to one of our open evenings and have a taste: September 27th and October 4th at 6.30pm in the OCLP Club, Bryntirion, Bridgend.



CHORISTS WANTED...

**THURSDAY - 6.30pm
OPEN EVENINGS
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ANNUAL CONCERT

Friday, 21st September - 7pm at St Mary's Catholic Church, Bridgend.
To include "Tribute to John Jenkins" soloist to be 2012 Russell Sheppard Vocal Scholarship winner, Elinor Rolfe Johnson (soprano); piano duet, Laura and Stephanie; Organ solo, Scott Williams. Full Music Team.

All proceeds to choir funds. Ticket by programme from secretary.
£8 (all pay) Ticket includes raffle.

CONCERTS

- **Sunday, 28th October** - Memorial Concert to the late John Jenkins at Brangwyn Hall.
- **Friday, 2nd November, 7pm** - Concert at St Bridget's Church, St Brides Major supporting church maintenance costs.
- **Sunday, 11th November, 10.30am** - Participation at Remembrance Service at Cenotaph, Bridgend.
- **Friday, 7th December, 7pm** - Concert at St Mary's Catholic Church, Bridgend.
- **Friday, 18th January, 2013, 7.30pm** - Concert at Ewenny Priory Church in aid of Macmillan Cancer Support.
- **Friday, 2nd February, 2013** - Concert at Sony Theatre, Bridgend College, Cowbridge Road, Bridgend.
- **Friday, 15th February, 2013** - Majestic Male Voice Choir Festival, Riviera International Centre, Torquay.
- **Friday, 1st March, 2013** - Cwlwm Celtaidd - pan Celtic Festival, Grand Pavilion, Porthcawl.

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Our motto of "Opportunity to Succeed" is clearly evident in so many different ways.

Academic success and the continuous raising of standards is at the forefront of the school's development. A Level and GCSE success at the highest level was evident again this year. At GCSE, 73% of students gained 5 or more A*- C with many achieving good grades in Maths and English. Mixed provision at sixth form and selected classes at KS4 leads to significant choice for our learners.

Support for students to achieve their full potential is in place from the first day they arrive at school and the opportunities available outside the classroom are numerous.

The school's International School Award from the British Council, and recent visits to Ghana and Sri Lanka, reflects how strong our links are globally and we are also proud to be an integral part of the local community. Every learner who joins us should aspire to involve himself in all aspects of school life as the opportunities for students are wide and varied.

Please take some time to look at our website at www.barrycomp.com, but nothing beats a visit so please join us on the 27th September. We are also happy for you to make an appointment to come and meet us.



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BASIL'S IS BACK AND LOOKING ITS BEST

WHEN it comes to dining out, one of the best-known names in the Vale of Glamorgan is Basil's of Cowbridge – and this popular restaurant is back, looking its best and with everything needed for a fine lunch or evening meal.

The new owners, Tracy Bell and Mark Griffiths, have been in place since March, working on recapturing the 'Basil's' ambience – something fondly remembered by so many local people.

Colour and light are at the heart of the new look, with paintings by a Cowbridge artist, Sue Fish, adorning the walls, combining with the decor to give the interior a Mediterranean feel.

The menu has been designed to enhance that feeling, with sardines, mussels, and king prawns all featuring as starters, while fish, lamb, chicken and steak are all regular main courses, with the accent on continental sauces.

The fresh fillet of sea bass, for instance, is served on a bed of courgettes, aubergines, mixed peppers and an Italian tomato sauce, with a choice of potato, which conjures up a quayside restaurant in Viareggio pretty effectively!

Mark and Tracy have plans for the upstairs area of Basil's, which is being converted into a function room (to take up to 50 people) and a 'chill out' area.

Mark said: "The idea is that people can relax before a meal and have a leisurely drink upstairs, or go upstairs after their meal and enjoy the rest of the evening."

They plan to officially open the upstairs area in time for the Cowbridge Festival of Food and Drink, which is the last weekend in October.

Something Mark and Tracy believe strongly in is community involvement, and the restaurant will open on Friday morning (September 28, 9.30am-11.30am) to host the 'Macmillan Eastgate Coffee Morning'.

Tracy said: "We will be serving a selection of hot and cold drinks with delicious home-made cakes and pastries, and we see it as a chance to get to know our neighbours.

"There will be an optional donation to the charity, and a raffle, with some great prizes, including a three-course dinner for two at Basil's, and cut and finish at Fitch and Ramous."

Another special event is being staged the same day – a 'Soul to Sole Night' featuring local singer Lauren Jade England. (Call 01446 771600 for details).

The theme of community involvement was well illustrated recently when Basil's won the 'best commercial premises' category in Cowbridge in Bloom.

Tracy said: "That was a surprise, because we were not aware of the competition – we just wanted it to look good!"

Basil's is looking forward to the run-up to Christmas, and will be offering two-course Christmas lunches at £10.95, and a menu for festive parties.

They will also be open on Christmas Day (£49.95) and on New Year's Eve (£30 for a three-course meal and entertainment).

They will also, of course, be open for business on Reindeer Parade Day (Sunday, November 25) and during The Cowbridge Food Festival.

For anyone in the Vale or beyond who is looking to dine out in a relaxed and stimulating ambience, Basil's is definitely very much on the map.

NOTES FOR YOUR DIARY...

- 28th September, 9.30am - 11.30am - MacMillan 'Eastgate' Coffee Morning
- 28th September Soul 2 Soul Night - Eat, drink and be merry. Tickets £5 redeemable off final bill. 6pm for dinner - music starts 9pm.
- 11th October - Sue Fish 'Art Evening' - £10
- 2 Course Christmas Lunch - £10.95
- Festive Party Menus
- Christmas Day Lunch - £49.95
- New Years Eve £30 3 Course Meal plus entertainment
- Function Room COMING SOON...
- Cowbridge Comprehensive School 'Pupils Day'



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VALE-BASED CHARITY PLANS ITS BIGGEST CAMPAIGN YET!

Report by PHILIP IRWIN

IT is nine years since Cowbridge resident Ray Murray was told by his surgeon that there was a new laser machine available that could make operations on men with an enlarged prostate much, much easier.

The consultant in urology at the Princess of Wales Hospital, Andy Thomas, explained that a Green Light Laser machine could vapourise tissue in an enlarged prostate, and could do so without any of the complications that could arise when a patient had conventional surgery.

The cost of the machine was £140,000, so Ray discussed it with his wife Lyn, the headteacher at Pendoylan Primary, and together with Andy Thomas they formed the charity GLAZE.

Ray said: "We were fortunate that the then Mayor of Bridgend County Borough, Coun Doug John, made it his mayoral charity that year.

"It raised the profile and it helped with the fundraising efforts."

The GEM was there when the charity was launched, in December 2003, and the fundraising team proved very professional.

Before the year 2004 was out, Andy Thomas had that laser machine, and has since performed 1,100 operations using the machine.

Ray said that he thought the campaign had forced a rethink in the NHS trust, and in the end, the hospital had found some funding and had paid a share of the cost.

Since then, GLAZE has continued to fundraise to help with running costs, and the Princess of Wales has become a centre for teaching the use of the green light laser.

Surgeons come from all over the UK, and from Europe and the sub-Continent, to be trained by Andy Thomas. Apart from Bridgend, the only other green light laser teaching hospitals in Europe are the Royal Marsden and Madrid.

In fact, Andy Thomas has recently been appointed to head an international trial, comparing the outcome of the treatment to the more conventional TUPE surgical option, and he is now working with American and Swiss surgeons on that trial.

Ray said: "There is now a second machine at the Princess of Wales, specifically for the trial, and we are hoping to hang on to it when the trial is finished."

In 2009, GLAZE expanded into a new area, launching a prostate cancer awareness campaign, with a website, www.whatsyoursa.com

This particular campaign seeks to remind men that, once they are over 50, they are entitled to a PSA test, which could pick up early signs of prostate cancer.

They soon had help from an unexpected quarter. Ray explained: "The Welsh Rugby Union

NEW HEADTEACHER
CONGRATULATIONS to Mr Steve Williams on becoming the new headteacher of Llangan Primary School.

He, of course, is already very well known and popular, having been at the school for some time working with Mrs Mary Noyes.

Events that have taken place in the autumn term include September 10-14, peripatetic music lessons; September 12, years 5 and 6 played the Cardiff Blues;

September 15, successful picnic at the school's playing field, when children's entertainment included a treasure hunt, face painting and tattoos. Music was provided by the popular group, 'The Rossers'.

September 25, Father Edmund from St Cadoc's RC church will visit the school; September 27, a beach football competition will take place on Barry beach; September 28, 'World at Play', working with CS 2 children.

CLUB MEETINGS

YOUNG at Heart meetings should have resumed on September 13, but due to necessary work being carried out, this was not possible.

Harvest festival

ST MARY HILL Church was very well attended for the harvest festival service on Sunday, September 16.

Once again, it was an opportunity to meet up with friends and neighbours. Following the service, many in the congregation travelled the short distance to the village hall to enjoy the harvest supper.

I am sure everyone at this annual supper will join me in our thanks to Mary and Gareth Lloyd, and everyone involved in this annual event.

REMINDER

ST CANNA'S Church, Llangan, will celebrate harvest festival on Sunday, September 23, at



LEFT: Ray Murray (right) with Prostate Cymru supporter Dai Jones and the charity's robot mascot!

offered to help and the Welsh team were photographed with a banner containing the web address, and the number of hits went through the roof.

"We had been running at about 200 a day, but in the four days after the WRU helped us, we had 20,000 hits!"

Now, Ray Murray has expanded into a new area - a campaign to bring a high technology robotic surgery treatment to Wales, under the banner of 'Prostate Cymru'.

He can quote the example of men like Dai John of Caerwent, who says it is time that robotic surgery, which is widely available in England, is offered on the NHS in Wales.

Prostate Cymru has launched its Operation Robot campaign to raise £1.7m to fund the establishment of Wales's first specialist Robotic Urological Surgery facility.

At the moment, Welsh men who want robotic surgery, which is less invasive than a conventional operation, have to pay an average of £15,000 for private treatment at hospitals in England or abroad. Prostate Cymru condemns the situation as "grossly unfair".

Mr John, 56, was diagnosed with prostate cancer in June 2011 and was given treatment options of radiotherapy, brachytherapy or surgery.

He said: "I read up about all options and decided I wanted robotic keyhole surgery because I was convinced that it offered me a better experience, with the least potential after effects."

"However, I was told there was no such facility in Wales and I was very unlikely to get the operation funded by the Welsh NHS."

"So, I arranged a consultation with a specialist in Bristol and I had the operation privately, in an

NHS hospital with NHS equipment. It cost me more than £13,000."

"The operation went fine and I was home the next day. My outcome has been fantastic, with no significant after effects."

"If I had lived six miles further east - over the border in England - the same procedure with the same surgeon would have been free!"

It means, ironically, that Welsh men who go private are contributing to the running costs of the NHS in England!

Prostate Cymru chairman Ray Murray said: "Every year hundreds of men in Wales are told they have prostate cancer, and in many cases, they'll require surgery."

"Robotic urological surgery is now routine in many countries. And although it doesn't guarantee a better outcome in the long-term, it offers a number of benefits to patients."

"It's minimally invasive and so causes less trau-

ma, requires shorter hospital stays, and there's less risk of complications such as impotence and incontinence."

"The situation in Wales is grossly unfair. That's why Prostate Cymru has launched Operation Robot - to help bring the American-developed Da Vinci Robotic Laparoscopic System to Wales."

"We all know that public money is very tight, so Prostate Cymru wants to help raise the funds for our first Welsh robot via our Operation Robot campaign."

"It's expensive, and so as a first step we need to raise awareness and get public backing. There are dozens of these machines in England."

"Surely we can bring one to Wales."

Mr Murray said that the Welsh Da Vinci robot wouldn't only be used for prostate surgery. It will also be available for other surgery for men and women.

He added: "Robotically assisted surgery is the future for medical treatments and Operation Robot needs the support of the public, if we are going to bring this surgery to Wales."

"Operation Robot aims to gain supporters who will hold fund-raising events throughout Wales, and we accept donations from well-wishers."

The campaign has already attracted support from the Vale MP, Alun Cairns, who said: "Men everywhere deserve quality prostate cancer care, and I will do all I can to ensure this is possible for us in Wales."

"It's important that the Welsh Government work closely with their colleagues in England to develop, implement and invest in prostate care in Wales, so that patients here can get the best care and support."

"I'd urge everyone to support Prostate Cymru and its campaign Operation Robot - to help bring the American-developed Da Vinci Robotic Laparoscopic System to Wales."

You can find out more at: www.operationrobot.com

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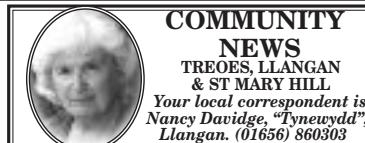


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COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

Your local correspondent is Nancy Davidge, "Tynewydd", Llangan. (01656) 860303

11.15am - everyone will be welcome.

St Canna's Vestry

SEPTEMBER 26, village link mountaineering from Bettws-y-Coed to Chamonix.

September 27, coffee morning, 10.30-12am. October 3, wine club, 7.30pm (members only).

October 6, autumn fayre. If you can help in any way, such as bric-a-brac stall, unwanted gifts, toys, books, etc; please deposit any saleable items at Preswylfa, Llangan. Leave items in the porch!

Telephone 01446 861362 for help with deliveries.

PIPS' COURSE

POSITIVE Image Photographic Society's season continued with the first night of a beginners' course into understanding 'elements', a method in Photoshop of manipulating photographs.

Ten new members worked with Guy (our guru), by producing improvements in the images, before a welcome break for tea and biscuits.

They then returned to

the task of learning the digital way to improve their photography.

This Thursday, September 20, the club will welcome Jennifer Cox from Cardiff, who will be showing some of her stunning photographs. An evening not to be missed.

PIPS meet at St Baruc's Church Hall on Barry Island on Thursdays at 7.30pm. Telephone 01446 408483. BB

Time called on 'deteriorating' Berwyn Centre

AFTER years of wrestling with the problem of how to restore Nantymoel's Berwyn Centre to its former glories, the council has declared that it is past saving.

In a statement issued shortly before The GEM went to press, the cabinet at Bridgend County Borough Council (BCBC) issued a statement that sealed the venue's fate.

It said: "Nantymoel's ageing Berwyn Centre will close before the end of the year, after a report revealed it would cost nearly a million pounds just to keep it safe and secure."

The cabinet heard how the condition of the Ogmore Valley building is a "major cause of concern" and costs a significant amount to protect public safety, in addition to the £85,000 per year operating costs.

The statement continued: "It would need approximately £400,000 of priority work and a further £400,000 of work in the medium term just to keep the building safe, secure and compliant with legislation – and that does not

by Philip Irwin

include any investment to improve the building or its facilities."

Cabinet members said it was "with great sadness" that they were approving its closure and subsequent demolition.

They also agreed to set aside £200,000, subject to council approval, towards the development of a replacement community building in Nantymoel.

The council will now seek to develop a community group to work with and develop external funding bids with a view to running any replacement community building on a 'not for profit' basis in due course.

Coun Lyn Morgan, the BCBC cabinet member for wellbeing, said: "It is with great sadness that today we are agreeing to close the Berwyn Centre before the end of the year.

"Regrettably the centre is no longer viable. The more we have researched it, the more problems we have found, and it wouldn't be appropriate to keep spending tax payers'

money on costly repairs when the building is deteriorating so rapidly.

"Our experts tell us the building will not survive another winter safely without significant investment – money we cannot afford to give in this economic climate.

"It is undoubtedly the end of an era for the Ogmore Valley. At the same time, I'm hopeful that we can work with the community to develop something which has a more flexible space and is better suited to their needs and to Nantymoel."

The council will now seek to develop a community group to work with and develop external funding bids with a view to running any replacement community building on a 'not for profit' basis in due course.

A huge programme of improvements to local roads will continue after BCBC approved spending plans.

The borough-wide initiative, which will be funded through the council's own investment and Welsh Government grants, is aimed at making highways safer and more comfortable to use for drivers, and provide a boost to transport links and the local economy.

The multi-million pound package should also reduce the number of roads needing repairs and help more planned preventative maintenance to be carried out.

Cabinet members also agreed proposals for funding a programme of street lighting improvements over the next three years.

Coun Phil White, BCBC cabinet member for communities, said: "We know how important a safe and efficient road network is to any area.

"Roads matter to us

all, whether we use them for public transport, travelling to work, or the weekly shop.

"This ongoing invest-

ment underlines how seriously we take this as an issue and how committed we are to providing the borough with highways which make this a more attractive area to live in, visit and do business with.

He added: "I believe these are investments which will be universally welcomed by our citizens."

Multi-million pound investment in roads

THE Mayor of the county borough of Bridgend, Coun Marlene Thomas, is holding a Grand Charity Banquet at the Golden Well restaurant, on the A48, Brocastle, Bridgend.

The master of ceremonies will be JJ Williams, former Wales and British Lions rugby star.

The special guest is Huw Llewelyn Davies, commentator and presenter for BBC Wales and S4C.

It takes place on Sunday, September 30, 7pm for 7.30pm. Tables of 10, eight or six at £25 per person.

The event is supporting charities Emmaus South Wales; Breast Cancer at the Princess of Wales Hospital, Bridgend; the Stroke Association, Bridgend, and County Riding for the Disabled.

More information from M Major, on 01656 664105, or from members of the above charities.

Charity banquet

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XPA 313 £73.30
Mitsubishi 1.0, 92-98
XDN 360 £73.30
XDN 361 £73.30

BRAKES**

Examples:
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PAD 702 £35.80
Clio 1.2, 1.4, 91-94
PAD 885 £34.00
Escort 1.4, 1.6, 85-99
PAD 1138 £38.80

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215/55R16 E80Grip £109.50

225/45R17 E80Grip £99.90

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*Compared to the average performance of 4 leading competitor tyres in this segment. Tested by TUV SUD Automotive in March 2008. Test: 160-200 km/h. Car: VW Golf, Aspect 1.6 (2001-05). Tyres are temporary available for an average of 65% of their full consumption. A 15% tyre related fuel consumption reduction results in a overall fuel economy of 1.0%.

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GOOD YEAR

DUNLOP



No free parking on Porthcawl promenades

PAY and display charges are being introduced, says BCBC

also benefit local businesses, said a BCBC spokesperson.

The decision by BCBC's cabinet follows a long consultation exercise with local borough councillors, Porthcawl Town Council, the Porthcawl Chamber of Trade and the Porthcawl & District Tourist Association.

The scheme will operate 365 days a year from 8am to 6pm with a maximum permitted stay of three hours, and with a proviso that there is no overnight parking by campervans.

Coun Phil White, cabinet member for communities, said that there were pros and cons to most changes, but it was felt the action was the right decision for Porthcawl.

He said: "We want to reduce the congestion along the seafront and stop campervans blocking one of the town's most attractive areas.

"Our research tells us that on-street pay and display is common in many towns and cities across the UK, including seaside resorts such as Llandudno, Harrogate, Hastings, Weymouth, Dover, Great Yarmouth and Scarborough – so visitors should not be surprised to pay a reasonable charge."

Sun (eventually) shines for charity walkers!



Walkers joined at Porthcawl on September 8 to raise money for, and awareness of, the work of carers.

THE Mayor of Porthcawl, Coun Alana Davies, and her consort, Coun Brian Davies, opened the Crossroads Care charity walk on Saturday, September 8.

It started from the Hi Tide, Porthcawl, and went all along the coastal path to Rest Bay and back. Chilly, misty weather welcomed walkers, but it all burned off midway along the promenade and turned into a beautiful day.

The 50 participants enjoyed their exercise, raised sponsor-

ship cash for their charities and had a street collection in the town.

Many thanks to the Porthcawl Lions and St John's Ambulance, who made sure health and safety aspects were covered.

This was a joint charity event between Crossroads Care Bridgend, the Bridgend Carers Centre and Trinity Care & Support to raise awareness of carers and friends and families they care for.

JQ

Warm memories of 'dance band era'

THE September meeting of Sker WI was held recently in St David's Hall, Nottage, when vice-president Rosalie Hopper welcomed members after the summer break.

After the formal business had been completed, the speaker for the evening was Mr Wayne Warlow who gave a very interesting talk on dance bands, and had members singing along to various old time tunes.

Dance Bands have been around for a long time, starting with waltzes, then progressing to jazz in the 1900s, then continuing with Ragtime and the Blues.

Woody Herman, Artie Shaw and Glen Miller were some of the American bands. Joe Loss, Billy Cotton and Bert Ambrose were British bands.

Most dance halls in the 1960s had

a live band on every weekend. Victor Silvester was the best known band for ballroom dancing.

With the coming of rock-n-roll, the big bands have taken a back seat.

The bowls team did well in the recent competition and came second - well done.

There is plenty coming up to keep members busy in the next few months, including the quiz at the Hi-Tide and there is Tai Chi every Monday evening.

There is also an audio visual evening on October 29 which will include cheese and wine.

The next meeting will be on Thursday, October 11, at 7pm, when the speaker will be Mrs Barbara Donovan on 'A year in China'.

ANN
VIPOND

Free course

FAMILIES in Bridgend could soon be learning fun ways to get fit and healthy, thanks to a free lifestyle course.

MEND (Mind, Exercise, Nutrition... Do it!) is a 10-week healthy lifestyle course for families with children aged between five and 13 who are above a healthy weight.

With only 28 per cent of 11-16 year olds in the Abertawe Bro Morgannwg Health Board area eating fruit and vegetables daily and less than half (41 per cent) physically active at least five days a week, the MEND programme is set to tackle obesity, encourage fit-

ness and improve the health of people in Wales.

Families will take part in fun food taster sessions and children will become food label reading detectives! They will also learn about healthy portion sizes and how much fat and sugar is in certain snacks and drinks.

Maria Edwards, MEND's programme co-ordinator for Wales, said: "This course helps families become healthier and fitter for life. By doing MEND, children quickly make new friends and really enjoy trying out the different activities on offer."

Call freephone 0800 230 0263 or visit www.mendcentral.org

"As well as being a popular destination through the holiday park, Trecco Bay offers a Blue Flag beach for visitors to enjoy. Hopefully, hundreds of people will come along to enjoy the path and beat the world record, and it won't be too windy and leave them all 'shook up'!"

Sustainable development officer for Bridgend Council, Zoe Livermore, said: "We are so pleased that the Wales Coast Path is to be the backdrop for this record attempt, which will kick off the Love2Walk Festival in true rock n roll style."

The record attempt is due to begin with an Elvis party from 9.30am, starting off the Love2Walk Festival at Main Street Trecco Bay Holiday Park, Newton. All contestants must be counted by 10.30am for the official count to be announced at 10.45am.

An Elvis procession will then take place at 11am from Trecco Bay to the Hi-Tide Inn, Porthcawl.

Now in its third year, the Love2Walk Festival takes place throughout the borough of Bridgend, between September 29 and October 7.

The festival offers more than 40 walks, which include ghostly encounters, bat detection and meeting the cows on a dairy farm, along with Walk2Love; a speed dating event.

For details of the Elvis Festival, visit www.elvies.co.uk; for details of the Love2Walk Festival, visit www.love2walk.co.uk.

Bridgend police issue warning after spate of 'cat' converter thefts

(CONTINUED
FROM PAGE 1)

Police are advising motorists of possible crime prevention measures to deter thieves:

- Vehicles should be kept in a well-secured garage where possible, and if no garage is available, in a well-lit, public area.

- Vehicles can be parked in such a way as to make access to the catalytic converter difficult, including

parallel with another vehicle (if you own one).

- Use alarms, lighting and CCTV to deter thieves.

- Mark your catalytic converter – etching the part and spraying with heat-resistant paint. Contact your local crime reduction officer on 101 for more information.

Anyone with information regarding the thefts is asked to contact the police on 101 or Crimestoppers anonymously on 0800 555 111.

Christ College goes from strength to strength!



CHRIST COLLEGE Brecon, one of Wales' oldest and most respected independent schools, starts the academic year with strong growth in pupil numbers and with exciting plans both for the new academic year and beyond. Recent A level results saw 76% of all A Level grades at A*-B with an overall A*-E pass rate of 99.5%. Pupils achieved the sought after A* grade at A2 level in a range of subjects from Economics and Religious Studies to Maths and Science.

These results formed the basis for pupils' successes in gaining places on a range of prestigious courses, from Chemistry at Oxford to Philosophy at Durham and from Medicine at Cardiff to Veterinary Science at Bristol.

The school has added to its already rich offering for the new academic year, including the introduction of Psychology and Travel and Tourism at A level and the added offer of a Mandarin activity for all ages. A new system of personal tutoring in the Sixth Form has also been introduced to ensure every pupil is mentored and guided through those crucial final two years as they face the challenging terrain of university applications and decisions about their future.

Christ College recently unveiled a multi-million pound investment programme to celebrate its 475th Anniversary in 2013. This will include a £2m investment for Y Neuadd Goffa: Memorial Hall theatre to create a new, dramatic and multi-function space for school events, performances and conferences, which will also be available to the wider community on its completion in 2013.

At the same time, Christ College has announced that planning is underway to establish a Junior School.

Head of Christ College Emma Taylor said: "For many years Christ College has considered opening a junior school, or junior section. Earlier this year the school commissioned some market research into the feasibility of extending our teaching range below the age of 11, and the enthusiastic feedback from this research, as well as the changing nature and shape of the school over time, has encouraged us to make a decision in principle to go ahead and develop plans for teaching junior forms."

She added: "We are inviting expressions of interest from prospective parents in the near future and these will help us with our planning."

As well as celebrating the milestone anniversary, the developments reflect the school's charitable status and the commitment it is making to support the local community as much as possible. Mrs Taylor said that the planned investments would consolidate the position of the school as

a provider of excellent all round education and an active participant in the community of Brecon and beyond.

Christ College will be holding an Open Morning on Saturday 6th October from 9.00am until 12 Noon. For further information or to register your interest, please contact the Admissions Registrar on 01874 615440 or via admissions@christcollegebrecon.com.

What is the **most important decision** you will make this year?



OPEN MORNING
Saturday 6th October

SIXTH FORM
INFORMATION EVENING
Friday 16th November

CHRIST COLLEGE BRECON

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▪ Academic breadth and excellence

▪ A full and thriving school with an extensive choice of A level and GCSE subjects available

▪ Supportive, comfortable family atmosphere – well-equipped facilities, staff:pupil ratio 1:8, vibrant programme of after-school and weekend activities

▪ Excellent modern facilities for teaching, sport and the arts, with a new £2m Creative Arts Centre due to open in September 2013

For more information visit www.christcollegebrecon.com or contact the Admissions Registrar, on 01874 615440 or email admissions@christcollegebrecon.com



Health, Beauty & Fitness



Listening, without making judgement

We all want to be happy, but sometimes life is hard. In counselling, you can reflect on what it is that you feel is wrong and I can help you make decisions which will make life better.

My name is Dahlian Kirby and,

when I counsel someone I listen without judging. You would never be expected to talk about things you don't want to talk about. I will, however, provide structure and may make suggestions for tasks to do in the session, or at home between sessions.

I believe that everyone is able to work towards controlling their lives and making good choices – sometimes we just need support.

HACTOS CAN NOW BE FOUND ONLINE!

THE autumn months are now upon us, but unfortunately this is also the season when coughs and colds start to come to the fore.

Hactos Cough Mixture is a traditional herbal remedy and is licensed for the symptomatic relief of coughs, cold and catarrh. The product was formulated in the 1930s by the late

pharmacist Hubert Arthur Carnelley Thomas.

The business continues to remain a family concern and is currently run by his granddaughter Fiona who is also a pharmacist.

The company now has its own website www.hactos.co.uk and welcomes enquiries not only from customers but also from potential stockists.

HACTOS COUGH MIXTURE

Now available through selected pharmacies & retail outlets.

For further information regarding stockists, please contact:

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Telephone:
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Fax: 01554 832202

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www.dahliankirby.com

Barry salon wins award!



ABOVE:

Aldene Thomas with fellow 'Expert' and colleague Kimberley Hobbs and their award proudly displayed in the salon.

ALDENE THOMAS and Kimberley Hobbs of The Secret Garden of Beauty in Tynewydd Road, Barry have been awarded Dermalogica Expert status, recognising them as some of the highest trained skin care professionals in the country.

Aldene and Kimberley have completed on-going post-graduate education at the International Dermal Institute, training with the world's leading professional skincare brand, Dermalogica.

To achieve 'Expert' status, they have completed a succession of specialist product, treatment and business workshops, and unique workshops which are offered only to the most skilled and knowledgeable therapist in order for Dermalogica to award and recognise them as the best in the industry.

Salon owner Aldene Thomas said:

"We have worked really hard to obtain this award as a salon and as individual therapists."

"Both Kimberley and myself have been to London and Exeter over the past two years to receive extensive skin care training."

"We are really happy that our salon in Barry has been recognised, not just nationally, but internationally as a 'Centre of Skin Care Excellence'."

Aldene was selected to fly to Los Angeles last week to meet with skin care 'Experts' from around the world at The International Dermal Institute Symposium.

Dolphin: Help to get around the house

RECLINER chairs, wheelchairs, scooters, bath lifters, walking sticks, daily living aids...

Dolphin Independent Living has its range on show at its mobility showroom.

During the past 10 years, Dolphin Lifts (South Wales) Ltd has gained a strong client base through reliable, friendly service and experienced engineers.

The showroom is a natural progression for Dolphin, giving the opportunity to provide the public with daily living aids, from kitchen utensils to

scooters, all with the service you would expect from us.

If you have any questions, would like to receive a brochure,

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Calling all past members.
A warm welcome awaits you.



MONDAY

Barry
4.30 & 6.30pm
The Tadross Hotel,
Holton Road
(next to Bassett Park)
Lorraine - 01446 407002

Rhose
5.30pm & 7.30pm
Celtic Way Community
Centre, Celtic Way
Helen - 01446 750738

Penarth
5.30pm & 7.30pm
Elfed Avenue Methodist
Church, Elfed Road
Nia - 07793 885581

TUESDAY
Barry - 5.30pm
Holy Trinity
Presbyterian Church,
Trinity Street
Joanne - 01446 404897

Barry - 4.30pm
St. Davids Methodist
Church Hall,
Winston Road
Annamarie - 01446
736534

Llanwit Major
5.30pm & 7.30pm
Our Lady & St Illtyd
Church (Catholic)
Ham Lane East
Helen - 01446 750738

Sully - 6.30pm
The Old School
South Road
Niki - 01446 740394

WEDNESDAY

Barry
4.45 & 6.45pm
St. Francis Millennium
Centre, Park Road,
Porth-y-Castell
Annamarie - 01446
736534

Barry - 6.00pm
Cadoxton
Methodist Church
Church Road
Joanne - 01446 404897

Penarth
9.30am & 11.45am
All Saints Church Hall
Victoria Square
Tracy - 07894 275853

Penarth
5.00pm & 7.00pm
All Saints Church Hall
Victoria Square
Tracy - 07894 275853

Cowbridge
5.30pm & 7.30pm
Cowbridge
Comprehensive
Aberthyn Road
Rob - 07708 941279

Dinas Powys
5.30pm & 7.30pm
The Cabin by swimming
pool, Hebron Hall
Sarah - 07525852288

Barry - 10.15am
St Helen's Church Hall
Wyndham Street
Niki - 01446 740394

Cowbridge
5.30pm & 7.30pm
Cowbridge
Comprehensive
Aberthyn Road
Rob - 07708 941279.
As from 11th October
this group will be held
at The Little Shop of
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www.itsmyfuture.myforever.biz/nutrilean



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NO JOINING FEE
MEMBERSHIP FROM
ONLY £25.00 PER MONTH

**HOW? BY DIRECT DEBIT or
MONTHLY PAYMENTS
OVER THE COUNTER**

**WHEN? NOW - IT ONLY
TAKES A FEW MINUTES TO
CHANGE YOUR LIFESTYLE
AND IMPROVE
YOUR HEALTH!!**

For further information please contact

Jennie on 01446 710386

or why not just pop down and have a look around? We are confident that you will like what you see ...

Bring this advert with you - NO JOINING FEE!

Forever Living....

WITH the chilly winter months approaching, how can we avoid those nasty winter colds, stay healthy, looking and feeling great?

While there is no cure for the common cold, maintaining a strong immune system can help.

I wanted a natural solution for my family and discovered Forever Living Aloe Vera drinking Gel.

Aloe contains a range of vitamins, amino acids and minerals to ensure the body functions at 100 per cent.

Even with a healthy diet it's difficult to ensure your body is getting everything it needs. Aloe has been a simple solution to help do my best for my family's health.

Fontygary has a welcome on the mat!

WITH the kids back in school and time on your hands, why not join us at the Bay Health and Fitness Club in Fontygary Leisure Park?

With no contract to sign, it is easy to just pay over the counter each month - there are no hidden charges!

This gives you the flexibility to come and go as you with (we also offer a pay-as-you-go facility).

We have a separate free weights room - a fully equipped gym with vibration (like the celebrities use), a lovely relaxing leisure area complete with Jacuzzi, Sauna and Steam Room and a 25m indoor swimming pool.

If you have never used a gym before, you don't have to feel intimidated as our staff are on hand to show you exactly how each piece of

equipment works.

We offer a warm welcome to everyone. Don't take our word for it - why not come down and see for yourself? (or call Jennie or Mark on 01446 710386).

Remember, Fontygary Leisure Park is completely open to the public!

Welcome to Positive Connections!

EMOTIONAL health difficulties, anxiety, anger issues, sleeping problems and behavioural difficulties can all be symptomatic of childhood stress (innate or external) and being able to relax can make a huge impact on a child's life.

Teaching children to be able to relax and feel positive is something that experienced behaviour practitioner, Sue Gibson, feels passionately about.

Her new business is offering group classes or individually tailored sessions to children to help them learn skills that will be a life-long benefit.

Sue is also offering families an opportunity to discuss their concerns regarding their children's behaviour with home consultations.

See www.positive-connections.biz for more information.

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Techniques that work:
Strategies to apply...

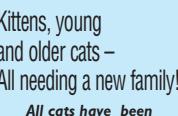
Helps children • feel calm, relaxed and confident.
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• manage stress and anxieties • learn life long skills to help them feel more assured, productive and focused.

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Thanking everyone for their continued support

HAVE you ever considered an older cat, instead of a kitten, as a companion?

Medical research has indicated stroking a cat can relieve stress and lower blood pressure.

We have a number of cats looking for loving homes, aged from six months to eight years old.

Even a cat of eight years would have approximately another 10 years of life, which might suit a much older person and give loving companionship.

All our cats have been neutered and microchipped. Some are a little nervous as they are used to older people who might have had to give them up to go into homes themselves, leaving their companion behind.

These would adapt to a quiet, loving home environment.

Currently, we have an abundance of cats who are desperately in need of a new family, or people to care for them.

For an appointment or further information, please telephone Maesteg Animal Welfare Society on 01656 721496 or 01656 769855. Please leave a message on our answering machine if we are not available.

At the current time, we are unable to accommodate any more cats - we are desperately in need of homes!

There are so many ways nowadays to improve your health and sense of wellbeing. Who knows? The answer for you could well be on one of these three GEM feature pages!

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Zumba Gold for feelgood factor

ZUMBA GOLD targets the largest growing segment of the population - baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

What stays the same are all the elements the Zumba Fitness Party is known for; the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Active older adults want cameraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. It's lovely to hear people's stories, coming to me and thanking me for giving them their life back. One lady in particular said she used to be a dancer early on in life, had lost her husband and moved back here from abroad to be closer to her family.

She had no friends, and now she is not only doing something she never dreamt possible (dancing), most importantly, she has made new friends through the classes.

This is priceless for me to know that we are making a big difference to many people's lives.

Come and join my lovely ladies and gentlemen in the first Zumba Gold classes in Barry.

Zumba Gold gives you the feelgood factor, guaranteed to have a giggle, releasing the feelgood endorphins. It's good for most conditions, giving you more flexibility, strength, stamina - the list goes on.

It's never too late to enjoy a fitter lifestyle, whatever your age.



NEW ZUMBA GOLD CLASSES

Monday 11.30 - 12.15 Barry Memorial Hall
Monday 18.15 - 19.00 Llandough Institute Hall
Wednesday 10.00 - 10.45 Sully Old School
Wednesday 11.30 - 12.15 Barry YMCA, The Hub

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Monday 19.15 - 20.00 Llandough Institute Hall
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Please call Tracey for further details on

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In 2 Minds about hypnotherapy

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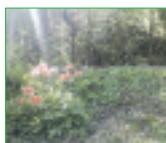
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BOOT CAMP - RAISES MORE THAN £1,700 FOR MARIE CURIE

ON September 3 at Trinity Methodist Church, Penarth personal trainer and fitness expert Sian Thomas started a four-week indoor fitness and fat loss boot camp, to raise money for Marie Curie Cancer Care.

The charity's hospice in Penarth is close to Sian's heart as Marie Curie nurses helped and supported her family while her grandma was ill with cancer, and allowed her to spend her last days at home.

Sian has so far raised £1,783 to help the charity cause, as well as having the on-going goal to make Penarth healthiest town in the country.

During the charity boot camp

campers receive three one-hour workout sessions a week for four weeks. Boot campers also receive a nutrition plan, cook book, and nutritional coaching from Sian.

Sian will be holding another boot camp starting on October 1.

The sessions will run at 9.30am on Monday, Tuesday and Friday mornings at Trinity Methodist Church, Penarth.

Sian is also running a boot camp in the evenings in Whitchurch, at Ararat Baptist Church on Monday (7.30pm), Wednesday (6.30pm) and Thursday (7.30pm).

To book your place on the free trial week of *Smash The Fat* go to www.fitnessbootcampcardiff.com or call Sian on 07792638995 for more information.

Young farmers were 'remarkable'

IREAD with interest the excellent report from Jane Bissett in last week's GEM regarding the International Sheep Dog Trials held over three days at Redlands Farm, Bonvilston.

Mention was made in the report of a team of remarkable field stewards, who covered the slick movement of people and vehicles around the site.

As I had the privilege of being in attendance for the duration of the event, I would like to endorse these remarks and also mention that the

stewards on duty were all members of the Glamorgan Federation of Young Farmers' Clubs, under the control of the county organiser, Mrs Gwyneth Thomas.

These young people were on duty from 8am each morning with many still there at 8pm in the evening preparing for the following day's activities.

They are a credit to the federation and played a major part in allowing over 20,000 visitors, including many from overseas, to enjoy a day in the countryside.

Tony L McCarthy,
Tre-Dodridge.

Dredd packs a punch! - and delivers impressive slice of action

THERE can be nothing worse than seeing a fictional character you know and love butchered when they make their way onto the silver screen. Fans of *Batman*, *The Phantom* and *He-Man* know the pain, as do fans of 2000 AD's *Judge Dredd*.

The 1995 outing that starred Sylvester Stallone was not only an awful film, but was also an affront to the character so beloved by the rabid readers of the comic; 17 years later, along comes *Dredd* in an attempt to restore balance.

Karl Urban plays the territorial lawman, who along with rookie judge Anderson (Olivia Thirlby) find themselves facing the ire of a tower block of over 75,000 people when they get caught up in the dealings of the Ma-Ma clan, led by Ma-Ma herself (Lena Headey); will *Dredd* be able to dispense his

brand of justice to save the day?

If anyone caught *The Raid* earlier this year, then they will have been impressed by the economy of a story that saw police take on a tower block full of criminals in order to uphold the law; if those same people came into *Dredd*, then they would almost certainly be experiencing a sense of déjà vu, the plots unerringly similar.

But while *The Raid* was a low-budget marvel, the one thing it didn't have was the history and presence of the character of Judge Dredd – and taken on its own terms, *Dredd* is a hard-hitting, visceral delight of a film that will satisfy action junkies as much as the die-hard fans who have been waiting to see their idol done correctly on film.

The ace in the hole is Karl Urban, an actor who is very undervalued, and who here delivers an outstanding central performance as Dredd.

The key to the character is his slavish

SCREEN TALK



by GARETH JAMESON

devotion to upholding the law and dispensing justice, and Urban's stoic solid turn lifts the film, despite the character's limited charisma.

Instead, the main draw is his resolve and determination, something Urban skillfully conveys from under the helmet (that, thankfully, stays on for the duration of the film).

Alongside him, Olivia Thirlby makes a satisfying conduit for

the audience, the film being told very much through her eyes as we see how lethal Dredd can be.

The actress is more noted for roles in the likes of *Juno*, however, she shows some impressive action chops here and makes for a ballsy heroine when given the chance to shine.

The film is carried very much on the shoulders of these two, but the likes of Lena Headey, Domhnall Gleeson and Wood Harris all shine when required, all menace and violence.

Director Pete Travis doesn't have the most starry of CVs, but showed his potential with the enjoyable *Vantage Point* four years ago; here his direction is brutal and hard, the film reeking of violence and malice but shot through with a keen eye for style.

The 3D is well done, bringing the film to vivid life, while the slo-mo drug scenes are similarly gorgeous and bloody to look at, the film looking gritty and

realistic. It's a tone used by Alex Garland's script, the film cleaving as close to reality as possible, and also feeling well-suited to the character of Dredd.

Yes, the plot is as simplistic as they come, and would work as well on a games console as on the big screen, but it ticks all the boxes and doesn't fall short in any of them.

For fans of 2000 AD's star character, this is no doubt the film they really wanted to see and they will be more than sated by what is offered – hopefully, this will be the start of more *Dredd* on the big screen.

VERDICT: A gritty, hard-hitting delight, *Dredd* delivers in style. Winning lead turns, in particular from lead Karl Urban, and strong direction from Pete Travis make this a strong adaptation of a cult character and well worth watching.

Recommended.
SEE THIS IF YOU LIKED: *The Raid* (2012), *Shoot 'Em Up* (2007).

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CROWN COURT ROUND-UP by AJ SICLUNA

Prisoner attacked staff member with pool ball

A MEMBER of the security staff of Parc Prison, Bridgend, was the victim of a sustained attack by an inmate, it was stated at Cardiff Crown Court.

Raj Singh, 19, threw a pool ball at the victim and threatened him with a pool cue. At the time, Singh was serving a sentence for assaulting a prison officer at another establishment.

Singh (19) of Ilford, Essex, was jailed for a total of 20 months after being convicted of assault and causing actual bodily harm.

Judge Patrick Curran said: "Plainly, this was a serious offence and to some extent it was

premeditated, involving two weapons.

"Your record is very bad indeed. You are plainly a violent young man and officers deserve and will receive the protection of the court."

Prosecutor Gareth James said that on April 23, officer Davey Thomas was on duty in an area where prisoners were having association.

Singh demanded that he be allowed to return to his cell to use the lavatory, but he was told it was not possible.

Singh responded by saying: "You can't do that to me," and made threats, adding: "If you don't open it, I'll smash you up."

Singh punched Mr Thomas to the head and he then picked up a pool ball and threw it at the officer, striking him on the back of the head.

Singh then grabbed the pool cue and used it in a threatening manner.

Mr Thomas was taken to the Princess of Wales Hospital and treated for a head injury.

James Haskell, representing Singh, said: "He has grown up, though he has spent most of the last four years in prison.

"He wants to make a fresh start, and acknowledges this was utterly stupid."

Wildmill man with 'appalling record' is jailed

POLICE found a jemmy and other tools, plus drugs, when they searched a man in Bridgend.

Christopher Badman (33) of Tremgarth, Wildmill, described as having "an appalling record" was jailed for 14 months at Cardiff Crown Court.

He had been convicted by Vale magistrates of having items for the use in the course of theft, possessing Valium, and being in breach of a suspended sentence for burglary.

Prosecutor John Probert said that on August 12, police spotted Badman in Park Street, Bridgend, searched his rucksack and found tools and drugs.

He was clearly intoxicated and said: "Look, I've been evicted. Just lock me up."

Man 'in a frenzy' after 'flirting' row

A PART-TIME fire fighter attacked a friend who had been 'flirting' with his girlfriend, Cardiff Crown Court was told.

Matthew Newton (27) of Bryn Road, Bridgend, a man with no previous convictions, was jailed for a year with the sentence suspended for two years, ordered to carry out 300 hours unpaid work, and ordered to pay £1,200 costs.

He had pleaded guilty to inflicting grievous bodily harm on David Ralph.

Recorder Jonathan Ferris said: "This was a sustained assault. You kicked him to the head several times, there was a degree of premeditation and you were intoxicated."

He added: "I accept there was some provocation when an explicit sexual reference was made to your girlfriend. You understand you were very close to going to prison."

Prosecutor Peter Davies said Mr Ralph had been at Ogmore Vale Non-Political Club when he spoke to Newton, who was taking part in a snooker tournament.

He left his girlfriend for a short

Young man with knife scared local residents

ARMED with an electric slicer blade and a kitchen knife, a young man scared residents in a street, it was stated at Cardiff Crown Court.

Matthew Roberts (22) of Cadogan Street, Nantymoel, admitted using threatening words and behaviour and possessing an offensive weapon.

Prosecutor Tony Trigg said that in the early hours of one morning recently, Roberts, who was drunk, went to Brooklands Terrace, Nantymoel, and awakened neighbours.

He was carrying an electric slicer blade and without success, he tried to get into two parked cars. He was seen to "stumble off", but returned holding the blade and knife and said

to residents: "Come down here."

There was a struggle and Roberts was restrained until the police arrived.

The entire incident, said Mr Trigg, lasted about an hour.

Roberts' counsel, Hugh Wallace, said: "Clearly there are aggressive features, and his father is very concerned at his behaviour."

Judge Eleri Rees, said: "I am concerned for the protection of the public."

Sentence was adjourned for a psychiatric report and Roberts was remanded in custody.

Group hears from trustee

THE Port Talbot Parkinson's Support group (PPSG) met in August and heard a talk from a trustee of Parkinson's UK.

Alun Morgan, who represents Wales as a trustee of the main board, spoke about a trip he made to Germany, and a gala day held by German sufferers of Parkinson's.

He spoke of how in Germany there was no central organisation to co-ordinate the efforts, but they just meet as separate local units.

Nor do have they the specialist nurses that we in the U.K. are so lucky to have. Mr Morgan then went to tell us about his own experience with the disease and how, unpredictably, it has totally enriched his life.

The next meeting 10.30 a.m. Friday, September 28, at the Unitarian Church school room in Nottage. All newcomers are welcome.

For further information contact 01656 783071. NC

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The frugal Skoda makes rivals 'Green' with envy!

A FRIEND of mine reckons all cars are the same these days and that they don't have the character of the old ones.

While he might be right in terms of the classic look, feel and sound, there are so many more choices available now from hatchback to estate, electric to diesel.

Most budgets are catered for too, although some might argue driving is still a rich person's pursuit. Today's manufacturers take the environment into consideration, too, none more so than Skoda with its Fabia Greenline II estate.

Under £15,000 brand new, this small five-door vehicle will easily trans-

port five adults and their luggage. Nothing ground-breaking about that, but it returns 83mpg (combined) and produces just 89 g/km CO₂ so there's no road tax to pay.

In fact, it is the most frugal Skoda ever with reports that it is capable of travelling more than 1,200 miles on a single 45 litre tank of diesel – to be precise, 1,246 miles for no more than £65.

This phenomenal achievement is down to its three cylinder 1.2 TDI engine, which is surprisingly engaging to drive.

Energy recovery sees the chirpy little car convert kinetic energy back into usable electricity, either stored in the battery or immediately used

again by the vehicle's electrical components.

It's aerodynamic, has low profile tyres with a higher prescribed air pressure to reduce friction, engine stop-start and gear change recommendations. The engine stop-start is one of the best I have come across, cutting the engine dead at traffic lights and traffic jams every single time and starting back up immediately.

This is a complete contrast to the stop-start system found on a Fiat 500 for instance, which is temperamental, to say the least. I like the Skoda's traditional handbrake. Parkers, the car

experts, say: "The Fabia Estate is a great choice for young families. It's roomy, good to drive and cheap to run. The estate model offers additional practical benefits to the hatchback – namely a bigger, versatile boot – and it meets the needs of families with smaller children with a well thought-out design. The bigger load space results in a longer body, so it isn't as ideally suited to city life as the hatchback."

But from the side, this estate's design is pretty uninspired – though its chrome grille is distinctive. We've come to expect high build quality from Skoda and you won't be disappointed as you can see by watching the video at www.testdrives.biz. Although the interior is perhaps a little bland there are good equipment levels and soundproofing.

The black upholstered seats are both comfortable and supportive. There's even air conditioning.

A criticism is that the cruise control function could be improved, as the switch to increase and decrease the speed sits at the end of the indicator stalk on the left of the steering wheel. If the driver is too vigorous in their pressing, they inadvertently engage the indicators.

A button on the steering wheel, in the same way as that found in Volvo, Renault and others would be more user-friendly.

What really appeals to me about the Skoda Fabia Greenline II is that it enables drivers to be eco-friendly, without hitting them in the pockets in the way that hybrids or

entirely electric offerings do – for me these currently fail in terms of cost and practicality and the Greenline II wins hands down.

Facts at a glance:
Price: £14,985.
Engine: 1.2-litre diesel; Power: 75 bhp; Top speed: 107mph; 0-60mph: 14.3secs; Road tax: £0.

Watch the video at:

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The Bombettes overcome rivals Maesteg Celtic

BARRY Bombettes travelled to Maesteg Celtic on a rainy afternoon.

The Barry forwards took the fight to Celtic with powerful drives by Phillips, Horne, Cahill and Richards. Due to injuries and unavailability, the team had to be juggled slightly with Yapp deputising at No 9. She had a solid game, sniping and distributing the ball to her backs well.

The first 20 minutes were played mostly in the Maesteg half, but Barry still needed resolute defence.

Britton, Wilson and B Jones played their part well in defence and attack alike. Special mention goes to the youthful No 10 Waller, also playing out of position, who played well in the conditions with experienced K Jones at No 12 encouraging her.

The Maesteg scrum was put under pressure and with Yapp hassling the Celtic No 9, the ball broke to the Barry open side flanker. Moments later, after good re-cycling, prop Richards powered her way over for a well deserved try near the posts. K Jones slotted the conversion with ease.

The greasy ball was proving difficult for both teams and with Barry looking to increase their lead, the ball was lost. A speedy Maesteg back hacked on and won the foot race to touch down.

Barry powered back and from a lovely backs' move, K Jones spun out of two tackles and fed the supporting Yapp, who crossed the line. Unfortunately, as in previous games, an opposing player knocked the ball out of the try scorer's hands and the unsighted ref gave a knock on and no

try. Maesteg managed to hang on for the half-time whistle at 5-7.

The second half was a mirror image of the first with Cole, Richards and the other forwards making inroads into the Celtic defence.

Phillips at hooker, was causing no end of problems at the front of the line making several tackles.

From driving forward play, the ball was quickly passed out to Waller who fed Jones, spotting an overlap on the left wing. Jones was marshalled well and found support in second row Morgan, who calmly took the ball, drew the tackle and then off-loaded, putting Jones in for the decisive Barry try. The conversion was narrowly missed.

In the last 10 minutes, the Bombettes showed what they were about, with solid defence which kept Celtic out.

Final score: Maesteg 5 Barry 12.
Team: Horne, Phillips, Richards, Cahill, Morgan, Garner-Joel, Cole, (captain) Boffy, Yapp, Waller, Wilson, K Jones, Britton, B Jones, Hill, Kath Jones, Baron and S Evans.

Bombettes woman of the match: Yapp. Maesteg also chose Yapp, deputised by Richards.

We would like to thank Maesteg for their after match hospitality.

This Sunday, Barry travel to Tylorstown away, with the coach leaving the club at 12noon! Supporters are welcome.

Barry Ladies RFC are always looking to recruit new players. Contact Becky Boffy on 07528 933227 or manager Andy on 07879 004142 if interested.

Second win for Sully Sports

WHITEHEADS 10
SULLY SPORTS 50

DESPITE the high final score, this was a poor quality game, but the positive was that Sully Sports got a good result without playing anywhere near their potential.

The first half saw both sides make too many mistakes and the indiscipline broke up any rhythm. The half-time score was 7-3 in favour of the Sports, who had scored the only try, by hooker Ben Such, converted by Dave Stillman.

The scoreline could, and should, have been much more as the Sports failed to convert several chances, including one when Stillman lost the ball over the try line.

The second period saw a slightly better performance from the Sports, aided by an even worse display from the

Whiteheads as their discipline disappeared and their heads dropped, as the Sports' superior fitness increasingly told.

In the end, the Sports ran in seven tries to one in the second half, with tries from prop Jody Velda, full back Wayne Jones, winger Nathan Taylor, and two each for outside-half Grantly Harries and centre Jake Williams. Dave Stillman added three conversions and Jake Williams one.

It is early days for the newly-promoted Sully Sports, but with two wins out of two, if they can continue to improve, they should have little to fear in Division Six.

This Saturday, both teams are at home, kick-off at 2.30pm. The 1st XV entertain STAR, Cardiff, and the 2nds host St Peters.

M J Stafford

Bees under-10s stung

BARRY Bees under 10s kicked off the season with a tough trip to the Valleys to play Tondu.

The game started at a high tempo, with both sides showing lots of commitment and purpose.

After a frenetic opening period, Barry were the first to score; from a scrum on the halfway line outside-Half Cian Anderson cut through the defence on the blind-side and sprinted to the line for a fine try.

Then Cole Saunders capitalised with an interception try from halfway, which Cian converted for a 12-0 lead.

Tondu continued to dominate possession and with the last play of the first half their endeavours were finally rewarded with a converted try to make the score 12-7 in Barry's favour at the

THE VALE OF GLAMORGAN COUNCIL CYNGOR BRO MORGANNWG

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Ardal Gadwraeth

Penarth

Conservation Area Consent / Caniatâd Ardal Gadwraeth

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00911/CAC

Proposal to demolish existing three bedroom semi-detached residential dwelling and construct four bedroom sustainable residential dwelling 99a, Plymouth Road, Penarth

Location/Lleoliad:

Conservation Area:/

Ardal Gadwraeth

Penarth

Listed Building Consent / Caniatâd Adeilad Rhestredig

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00920/LBC

Take down and rebuild west extension chimney stack in stonework to match existing. Stack to include cavity tray, lead apron flashing and ventilated clay pot. Render west gable wall apex and chimney stack. Paint both west end stacks and wall to match existing. 9, Cold Knap Way, Barry

Grade II*

Location/Lleoliad:

Listed Building:/

Adeilad Rhestredig

9, Cold Knap Way, Barry

Application(s) of General Interest / Ceiisiadau o Ddiddordeb Cyffredinol

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00933/OUT

Residential development for up to 150 dwellings with associated access, estate roads and public open space

Location/Lleoliad:

Land to the West of Port Road, Wenvoe

2012/00937/FUL

Proposed development of 90 No. residential units with associated public open space, landscaping, the creation of two new access points into the site from Trem Echini and diversion of the Public Right of Way

Location/Lleoliad:

Land South of the Railway Line, Trem Echini, Rhoose Point, Rhoose

May affect a Public Right of Way / Gall effeithio ar Hawl Tramwy Cyhoeddus

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00937/FUL

Proposed development of 90 No. residential units with associated public open space, landscaping, the creation of two new access points into the site from Trem Echini and diversion of the Public Right of Way

Location/Lleoliad:

Land South of the Railway Line, Trem Echini, Rhoose Point, Rhoose

Departure from Development Plan / Gwyro o'r Cyllun Datblygu

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00895/OUT

The erection of five detached dwellings, access arrangements, landscaping and associated works as 'enabling development' to facilitate the restoration of the Ewenny Priory

Location/Lleoliad:

Land off Abbey Road, Ewenny

Ewenny Priory

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00912/OUT

The demolition of existing stables, and erection of a detached dwelling, access arrangements, landscaping and associated works as 'enabling development' to facilitate the restoration of the Ewenny Priory

Location/Lleoliad:

The Stables, Corntown

The Stables

Application No:/

Rhif y cais:/

Proposal/Cynnig:

2012/00937/FUL

Proposed development of 90 No. residential units with associated public open space, landscaping, the creation of two new access points into the site from Trem Echini and diversion of the Public Right of Way

Location/Lleoliad:

Land South of the Railway Line, Trem Echini, Rhoose Point, Rhoose

Details may be inspected for 21 days at the address given below, or via www.valeofglamorgan.gov.uk

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriaid a roddir isod, neu drwy www.valeofglamorgan.gov.uk

Dated / Dyddiedig: 20 September, 2012
M. Goldsworthy, Operational Manager Development & Building Control, Vale of Glamorgan Council, Dock Office, Barry. CF63 4RT

Your chance to share the community news

NORTH BRIDGEND NEWS

A message for all readers in the north of Bridgend who would like to have items included in the community news columns of *The GEM*:

If you wish to submit reports on any social activity in this region, please contact me.

I am very approachable and will endeavour to include every newsworthy subject.

Contact details: CLIVE MITCHELL

1 Tyn-Y-Coed Close, Sarn, Bridgend CF32 9NQ

TEL: 01656 725399

email: tyncoed1@yahoo.co.uk



Vandals

I WOULD like to thank the vandals who smashed the windows of my car, and someone else's Jeep in Parc Slip nature reserve car park last Sunday morning, September 16 between 10.30am and 11am.

They have caused a great deal of inconvenience and financial cost to an OAP.

Charity concert

I HAD the privilege of hearing the concert given by the Ogmore Valley Male Voice Choir in aid of Y Bont, the charity that helps disabled children.

The choir is to be congratulated for their magnificent effort, raising the magnificent sum of £1,000 for the charity.

Among the guests of honour were the choir's president, Huw Irranca-Davies MP, Janice Gregory AM with husband Mike, David Hillman, the founder of the choir, Enyd Lock BEM, Lyndon Birch, the chair of the Welsh Association of Male Choirs, together with the secretary, Layton Watkins, and finally Mrs Megan Stephens, the wife of the late first musical director.

The choir were in terrific form under musical director Eira Paskin and accompanist Debbie Lewis, with a number of new songs in its repertoire.

The soloist, Rhydian Jenkins from Llangynwyd, deserves praise for his vocal range beginning by singing 'Hen Cardofyn' unaccompanied. Eira then played the piano as his accompanist, including the song with which he won the competition in the recent Welsh National Eisteddfod at Llandow.

His repertoire also included a song he had learnt without his father's knowledge, as it was a favourite of his Dad's and sang for the first time with his father in the audience.

I have heard Rhydian sing at a number of events since he first won the Bridgend young singer of the year competition in 2009 at the age of 13 and again in 2011. His relaxed style and his voice have so matured since the early days.

Another soloist was Ifan Jenkins, who was an Urdd Welsh National Eisteddfod winner in the piano. Last time I saw him, he played the trumpet, but in this concert he played the piano. He was

outstanding and the dexterity as he moved his fingers over the keys was amazing.

His mother Catrin Jenkins is a resident soprano soloist with the choir, and last Saturday I think it was the best I had ever heard her sing. It was lovely, especially when she sang the 'Gaelic Blessing' and 'Benedictus' with the choir.

The cheque for £1,000 was presented to Paula Daniels, who had worked with Y Bont since it began, and in her speech of thanks she stated that a special chair, which some of the children require, costs £1,500.

Back2church
ON Sunday, September 30, there will be special services at St John's, Aberkenfig and St Bride's Church, Llansantffraid, entitled 'back2church' which are organised to encourage people who wouldn't normally go to church to come along.

At St John's it is at 9am and St Bride's at 10.30am.

There will not be a morning service at St David's Church, Betws, but in the evening there is a memorial service to celebrate the life of Betty Hughes, who was a former teacher at Garw Grammar and Ynysawdre Secondary schools.

She was a great musician and the congregation will be singing many of her favourite hymns. The organist for the evening will be Peter David who is renowned throughout the area for his skill. I knew Betty personally, and she was a wonderful artist. I have one of her paintings at home and she regularly exhibited paintings at the Tondu Art Society exhibitions. She was also a member of Aberkenfig and District Women's Institute.

The doors will open at 6.30pm when tea/coffee and biscuits will be served, with the service commencing at 7.30pm.

Coytrahen Community Centre (Philip Squires)

PRESIDENT Eunice Williams, opened the meeting on September 12 by welcoming the members.

'Happy Birthday' was sung to the September birthday belles Sally Jones and Barbara Morris.

A total of 25 members and friends had a lovely day at the National Botanical Gardens. The rain kept off and there was plenty to see, and a nice lunch was followed by a tour on the land train which completed a really good day out.

Several members put their names forward to attend the Autumn council meeting on November 12.

Tickets are £5 at the door.

Garw choir

COR Meibion Cwm Garw (Garw Valley Male Choir) will be celebrating its anniversary (it was formed in 1892) since its formation in August 1892 with a special concert on Friday, September 28 in the Tabernacle Chapel, Meadow Street, Pontcymmer at 7pm.

There will be a number of guest artists, including soprano Phoebe Lewis, a member of the recently televised 'Only Kids Aloud' choir and choirs from Ffaldau and Blaengarw primary schools.

The choir offers a cordial welcome to all new members from complete beginners to experienced choristers. A voice test is not required and new members sit in with the choir and join in. Musical director, Bryan Young discreetly ascertains their voice register and then invites them to join the appropriate section.

The language of the choir is music – there is no requirement to be Welsh-speaking or even to be Welsh, as is proven by the choir's hon secretary, an Englishman and bass-baritone, who has adapted proudly into Welsh choir tradition.

The choir performs at a variety of venues ranging from churches, community centres, schools and retirement homes to hotels, social clubs and various prestigious venues such as the Royal Hospital, Chelsea.

The choir meets on Mondays and Wednesdays in the concert room of Pontcymmer Rugby Club between 7pm and 8.30pm where you are guaranteed a warm welcome.

Aberkenfig and District Women's Institute

PRESIDENT Eunice Williams, opened the meeting on September 12 by welcoming the members.

'Happy Birthday' was sung to the September birthday belles Sally Jones and Barbara Morris.

A total of 25 members and friends had a lovely day at the National Botanical Gardens. The rain kept off and there was plenty to see, and a nice lunch was followed by a tour on the land train which completed a really good day out.

Several members put their names forward to attend the Autumn council meeting on November 12.

Tickets are £5 at the door.



Boyd Clack and his wife.



Soloist Rhydian Jenkins.



Musical director Eira Paskin.



30th annual concert cake.

and the 'Hen Cardofyn' unaccompanied. Eira then played the piano as his accompanist, including the song with which he won the competition in the recent Welsh National Eisteddfod at Llandow.

Another soloist was Ifan Jenkins, who was an Urdd Welsh National Eisteddfod winner in the piano. Last time I saw him, he played the trumpet, but in this concert he played the piano. He was

5 in the Grand Pavilion in Porthcawl.

Eunice then introduced the speaker, Mr David Bray, whose subject was 'Knights of the Black Bag' which many members had already guessed was all about 'rubbish'.

David went on to tell of his career in the cleansing department in Cardiff. There seemed to be a huge variety of items to be recycled, but the strangest one was an unexploded bomb, which of course was not put on the rubbish tip!

He had originally set out to be a trainee engineer but somehow "fell into rubbish". He stayed with the department for 40 years, moving up from street sweeper to become director of services. He is now a consultant and is involved with a new incinerator the council is now building.

His job also included responsibility for road gritting, as the work was done by road sweepers on foot or lorries with shovels. He prefers the newer methods used now.

He had some interesting anecdotes and stories about the various characters he encountered during his life with rubbish. To work in this department, a degree in environmental management is now required!

Gillian Williams gave a vote of thanks to David for his humorous and enlightening talk.

The next meeting of Aberkenfig WI will be on October 3 at the Welfare Hall, Heol Persondy, Aberkenfig at 2pm when the speaker will be Belinda Ashong. Her subject will be 'The Heritage Coast' and the competition will be for an item beginning with the letter 'E'. There will also be a cake stall, but members must come early for this as they disappear quite quickly.

Visitors and new members are always welcome at Aberkenfig WI and details can be obtained by ringing Pat Lewis on 01656 721933.

Llynfi ladies choir
CÔR Merched Cwm Llynfi (Llynfi Valley Ladies Choir) was formed in 1989 and musical director Paul



Choir secretary John Jones and chair WAMC Lyndon birch.

Deenik-Bradley has been there since March 2000.

Choir and Côr Ysgol Y Cymer Rhondda.

This is an opportunity for the public to hear the winners of contestants in the classes which recently took place in the Treorci Eisteddfod.

The variety is amazing, with Harvey David Rees on the trumpet, Francesca May Rees cello, Annabelle Rees flute, all from Maesteg, and an adult vocal soloist from Porthcawl, Helen Victoria Davies.

This concert will be at the Park and Dare Theatre, Treorci on Friday, September 28 at 7pm.

Ticket prices are available from the Park and Dare Theatre Box Office on 08000 147 111.

Bridgend Male Choir

ON Friday, September 21, the choir will be holding its annual concert in St Mary's Catholic Church, Ewenny Road, Bridgend.

The evening promises a real feast for music fans, and it will not be limited to male voice singing either. Guest soloist will be Elinor Rolfe Johnson, soprano, this year's winner of the Russell Sheppard Trust Scholarship at the Royal Welsh College of Music and Drama.

Tickets for the concert, £8, including a prize draw, are available from any chorister and will also be available at the door.

Musical feast
THERE will be a variety of choral music provided by Noteworthy, a mixed voice choir from Maesteg which was formed specifically to raise money for charity, and Bridgend Male

NEXT week one of Wales' liveliest food festivals – Bridgend Feastival – takes to the streets for two days of food and fun, (September 28-29).

Now in its third year Feastival is increasingly popular and celebrates all things foodie. With more than 65 exhibitors taking part, Bridgend town centre will be alive with the sights, sounds, smells – and of course tastes – of some of the best local and Welsh food and drink around.

The main marquee will host a series of cooking demonstrations.

Chefs including Anand George, Colin Pressdee and Tom Raisis will be sharing their culinary tips – along with a few tastings!

Master classes will take place in 'The Hub' featuring local specialist businesses, honey, microbrewery, toffee making and fruit bouquets.

A number of local restaurants are getting involved offering Feastival treats too.

This year Feastival is taking a reflective look

at food in the area over the past 60 years. There will be photos highlighting its food heritage on view, as well as setting its eye firmly on the future.

The importance of engaging with young people and spreading the messages of a healthy lifestyle and sustainability is highlighted too in the Food4Life marquee where a number of projects come to fruition at the event.

Feastival Friday sees the launch of a song – 'Less Miles More SMILE(S)' which highlights the sustainability of local food.

The song has been created by local children. Wales' First Minister and Bridgend Assembly Member, Carwyn Jones, will launch the song at Feastival.

Available to download from Monday, October 1, pupils from Litchard Primary School wrote the song's lyrics, which was recorded and sampled by music technology students at Bridgend College.

For more information, go to www.bridgendfeastival.com.

Porthcawl's fine start continues with victory over impressive Dinas

HAVING won the first two matches comfortably, this match was going to be the first big test of the new season for the home side, and the Seaweeds came through against a very talented and well-drilled Dinas Powys outfit.

The tempo right from the kick-off set the mood for the whole match, with both sides stepping up to the plate in uncompromising fashion.

The visitors edged an early lead with a penalty before Porthcawl's main ball-carrier, Lloyd Long, touched down for a deserved try in the corner following sustained pressure by the home pack in the visitors' 22.

Matthew Owen couldn't convert from a difficult position.

With strict but fair refereeing, both sides found themselves transgressing and Dinas took the lead with a second penalty before Owen notched his first penalty for offside to put Porthcawl ahead at 8-6.

Some of the handling from both sides, with backs and forwards often combining, made for a tremendous tussle for supremacy and it was Porthcawl who struck as Steve Phillips scampered away to score a great try for a 13-6 lead, before the visitors again came back with a try of their own for 13-11 at the break.

Coach Blair Driscoll's half-time team talk spurred the Seaweeds even further as their pack began to get the better of the visiting eight at the scrums, especially, with Gavin Williams in superb form



ABOVE: Sean Kennedy races away from a despairing tackler to score.

PHOTOGRAPHS by TRACEY WILLIAMS

at loose head.

Flanker Sean Kennedy stormed over for an outstanding try, his second in as many matches, following a surging breakaway over 40 metres, outpacing his covering defence.

Owen's conversion for 20-11 put Porthcawl in a deserved strong position and it meant that Dinas had to score twice.

With time ebbing away and both sides continuing to front up, Dinas brought it to a tense finish as they scored their second unconverted try, but the home defence was at times outstanding, and the Seaweeds' resolve held. The game ended at 20-16 after what had been an enthralling encounter.

Dinas Powys will feel somewhat empty-handed after the part they played in the match, and they will certainly be a difficult proposition for



ABOVE: Lloyd Long on the charge for Porthcawl.

any side they play this season.

Gareth Edwards kept up a sharp service from the scrum throughout and full-back Ollie Jones was his usual effective self, assured in defence and running well from deep, while lock Richard

PHILIP FIELDING

Hinnyda, Long and Steve Phillips played their best games so far this term.

Tomma visit South Road on Saturday, when Porthcawl will be looking to extend their winning start to four successive matches.

PAUL FIELDING

Porthcawl cricket coach is selected for a master class!



MARK DIXON (SIXTH FROM RIGHT) WITH FELLOW CRICKET COACHES.

A CRICKET coach from Porthcawl has been recognised for his services to grassroots cricket by the England and Wales Cricket Board's national strength and conditioning coach, Huw Bevan, who gave a coaching master-class to 12 coaches at the SWALEC Stadium in Cardiff.

All levels of Welsh coaches – ranging from local club coaches,

to district coaches and Wales county coaches – were given the exclusive opportunity to attend the session with Bevan as part of the Sky Sports ECB coach education programme, which aims to attract and train coaches at all levels of cricket in England and Wales.

Mark Dixon from Porthcawl Cricket Club was specially selected by Cricket Wales to take part in the session, which gave him an insight into the strength and conditioning techniques used by the England cricket team, in

recognition of his outstanding services to grassroots cricket in Wales.

Mark said: "It was great to have been selected by Cricket Wales to take part in the master-class and learn all about what goes into training the England cricket team."

"Health and fitness is such an important part of our coaching regime, so it's been great to learn a whole host of new drills and exercises to practice when I go back to coaching my team."



Anker Bernhard Bernhardsen



SHIP'S BELL.

Porthcawl museum's role as wreath laying recalls a wartime sea tragedy

ON

(September 19) a private wreath-laying ceremony was taking place in Swansea Bay, in memory of five crew members of the SS *Stalheim* who were lost when the ship struck a German mine on July 31, 1940, approximately 100 metres from land outside Port Talbot Docks.

A buoy now marks the site of the wreck and, earlier this year, Porthcawl Museum was contacted on behalf of Solveig Synnøve

Hanssen, daughter of one of the Norwegian crewmen.

She asked for help in arranging the ceremony in honour of her father, Anker Bernhard Bernhardsen, and the other four crew members lost in the sinking.

The remaining crew of 16 and Bert Gunn, the British ship's pilot on board, had been rescued by an RAF Air Sea rescue launch stationed at Porthcawl and commanded by Flight Lieutenant Don Lucas.

Following the rescue, Flt Lt Lucas recovered SS *Stalheim*'s bell. Years later, under the terms

of Mr Lucas's will, the bell was presented to Porthcawl Museum, where it is on display.

Mrs Hanssen and her group were due to be taken out on a boat, arranged by RNLI Port Talbot and were due to visit Goytre Cemetery to see the grave of Albin Andersen, whose body was the only one recovered.

They also visited the SS *Stalheim* memorial display at Porthcawl Museum, the RNLI headquarters at Aberavon, and were also invited to the Lord Mayor's parlour at Port Talbot.

ROTARIANS CLIMB BRECON BEACONS

BRIDGEND Rotarians got their climbing boots out to scale Penyfan as a social fellowship and fundraising activity.

Much humour was targeted at Alan Reeks, who brought 'Beagle Ben' on a long lead that managed to get intertwined with the walkers' feet on numerous occasions!

President Mike waved the Bridgend Club's Rotary flag

as they reached the summit, and supplied well-earned beers all round when back to ground level.

Great fun was had by all and some benefited from the 'healthy' experience!

For further information on the activities of the Rotary Club of Bridgend, visit our website:

www.rotarybridgend.org.uk

DH



PRESIDENT MIKE PLANTS THE FLAG.

£4M REC FACELIFT

PLANS for the multi-million pound investment into the Bridgend County Borough's largest leisure centre have been finalised.

The new partnership between Bridgend County Borough Council (BCBC) and Halo Leisure will see 'the Rec' undergo a £4m refurbishment over the next 18 months.

BCBC spokesperson said: "The project will see the ageing Bridgend Recreation Centre transformed into a modern fit-for-purpose leisure centre. "Much-needed works will breathe new life into many of the facilities, which date back to 1974."

Works to the recreation centre will start towards the end of the month and are expected to be completed by mid-2014.

It is anticipated that there will be disruption during this time, but all facilities will remain open.

As part of the refurbishment, customers will benefit from: an integrated reception and café area; bespoke

changing rooms; a brand new 80-station gym (50 per cent bigger than the existing fitness suite); a new indoor climbing wall; three exercise studios to support an extensive group exercise timetable; a new crèche and larger soft play facility with a dedicated birthday party area; a four-court indoor sports hall; a spa – sauna, Jacuzzi and steam room; conference and meeting facilities, and a refurbished car park.

There will also be improved access for disabled users.

Coun Lyn Morgan, cabinet member for wellbeing, said:

"The council has worked closely with Halo to discuss key details as part of the redevelopment plans that will secure the Rec's future and complement previous investment."

"These are exciting plans which will put us in a position to provide 21st century facilities for our customers and the local community, as well as benefit from a more environmentally friendly building."



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Two wins and a loss for upcoming stars

PENCOED JUNIOR RUGBY ROUND-UP

PENCOED UNDER-14S

Farnham 29

Pencoed 54

Pencoed under-14s took the two-and-a-half-hour journey to Farnham to test themselves against English opposition.

The playing of the respective national anthems gave this match a real international flavour, with the muted playing of the Welsh anthem giving the

Pencoed side extra motivation.

With the game being played over the full 80 minutes, Pencoed played some outstanding rugby, particularly in the second half, having recovered fully from their journey, and ran out convincing winners.

Respected former Pencoed player and coach Gary Reffell commented that the 'Welsh heart' was the difference between the sides.

Everyone involved

can feel proud of their win, and in furthering the name of Pencoed Rugby Football Club across the bridge.

PENCOED UNDER-12S

Pencoed 12

Croesyceiliog 10

This was a tremendous result for the Pencoed under-12s against one of the strongest sides in the Gwent area, with no less than five players in the Croesyceiliog squad having attained representative honours.

Despite the close scoreline, Pencoed coach Mike Bosley felt his team were in control throughout this hard fought affair.

OWAIN JOHNS AND TOM

Bending got the home tries, with Sam Costelow adding a conversion. This victory for the under-12s maintains their already impressive record since the squad's formation.

PENCOED UNDER-10S

Pencoed 30

Croesyceiliog 40

Pencoed put in a battling performance against a larger Croesyceiliog squad, with the match played with no attempted conversions.

Sam Hayman Tucker kept up his recent try-scoring performances with a brace of tries. Wil Hurley also grabbed two touchdowns, with Morgan Hopkins and Jack Evans scoring one apiece.

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ROAD closure – Section of road under railway bridge from Hood Road to Broad Street, Barry.

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Temporary traffic control – Barry Docks Link Road, junction of

Coldbrook Road and Argae Lane; Ffald Lane, Maindy; St Hilary Village on September 24; Mountain Road, Aberthyn.

Email us your local stories at: gemeditorial@tindlenews.co.uk

Royal Balti hits right note with range of high quality dishes from Asia

IN the last 20 years there has been an explosion in the choice of world dishes people can sample in restaurants in the Vale and Cardiff.

People may have enjoyed their Sunday roast, but they also became more adventurous, enjoying something exotic, with a different texture and taste.

But the pace of modern day life and the appeal of home deliveries has meant the demand for high quality meals to the door has increased.

Step in the Royal Balti in Vere Street which has developed an excellent local reputation in Asian dishes.

On the evening that I sampled their menu, it had been a busy day and the prospect of cooking at home was unappealing.

My wife selected the jaipuri tikka as a main course at £6.25. The dish comprises pieces of chicken breast grilled in a clay oven and cooked with fried mushrooms, fried onions and fried capsicums. It came with fresh spices in a thick sauce.

My wife thought the



ABOVE:
The Royal Balti, Vere Street, Barry.

chicken was moist and tender, and the thick creamy sauce struck the right note with its spiciness. It was neither too hot, nor too mild.

I selected the king prawn korma at £7.50 because I'm not a huge fan of hot dishes. It contained lots of large juicy prawns in a wonderful thick, mild and creamy sauce with overtones of coconut. This made it very mild and sweet.

We also shared a shakoti gosht dish at £5.95. This was a hotter dish than I'm used to and is lamb cooked in a coconut and almond sauce.

The lamb was succulent, and for those that like a kick in the taste-buds it hit the spot.

We had a selection of side dishes to complement the meal, my wife's favourite being the peshwari pulao at £2.70 – it's a pulao rice cooked with grated coconut.

I like spinach so I plumped for the palak bhaji spinach at £2.25

The servings were more than generous, and would have been enough for three people. There was also a fantastic array of main and side dishes available.

The service was

excellent with helpful, friendly staff – all in smart matching uniforms – and the delivery was swift. Orders can be phoned in after browsing the website or by visiting Royal Balti in Vere Street.

The Royal Balti provides the ideal solution for busy families or couples or who want a restaurant quality meal in the comfort of their own home at the end of a busy day.

For more details, go to: www.royalbalti.co.uk or telephone 01446 421366.

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Tosh and Martin under the cosh at Southerndown

THE annual challenge match for the inter county golfing trophy played between members of the Glamorgan Farmers' Golf Society and their counterparts from Monmouthshire was played recently at Southerndown Golf Club.

Following the disappointment of tasting defeat last year, the Glamorgan team were full of optimism, particularly as a strong squad had been selected that included 10 members from the host club.

With three points at stake in each of the 12 matches, Glamorgan started off in convincing style. Society president Geraint Davies, partnered with birthday boy Glyn Watts-Jones, easily accounted for Gwyn Jones and Andy Hilditch to record the first three points for the host team.

Mark Rees and Ray Howells halved their match against Reg Meyrick and Colin Parry to be followed back to the club house by Bryan Owen and Tony McCarthy, who secured a further two points against Mike Daniel and Martin Richardson.

Unfortunately, these successes were followed with defeats for Godfrey Lewis and Keith Walker, soundly beaten by Jonathan Davies and Graham Jones, and also Brian Jones and Aubrey Thomas, who suffered the same nil return against Gerald Flanagan and James Richardson.

In the next match, Aubrey Bowen and vice captain Gwyn Thomas fared only marginally better by securing just a half a point against Charlie Park and Malcolm Francis. Then, a depressed David Harris, partnered with a struggling Mike King, returned with a nil return in their match against Dave Allen and Mike Williams.

Success for Murch bowlers

MURCH Bowling Club was well represented at the county finals held recently at Aberkenfig Welfare Bowling Club.

Roger Mauchline competed in the champion of champions final against Julian Fear of Pencoed. The game produced a high standard of bowling, resulting in a win for Roger by 21 shots to 17.

After lunch, Roger was joined by his doubles partner David Poole to play in the senior men's pairs final. In atrocious weather conditions they battled their way to victory over Martin and Mal Goss of Pontycymmer, winning by 27 shots to 24.

Also during the weekend, Derek Blainey played in the final of the two wood competition – eventually losing to the previous year's winner, Tom Pearson of Pencoed.

RM

Cowbridge U3A

ON September 12 at the new venue of Cowbridge Town Hall, Cowbridge U3A was entertained by renowned harpist Glenda Clwyd.

The performance and presentation was superb, ranging from 15th century to 18th century; to Nat King Cole and Scott Joplin.

The next meeting will be at the same venue on October 10 at 2pm, the subject being 'Icy Plains and Dizzy Heights' by Val Weaver and Claire Davies.

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Cadoxton lose final friendly

CADOXTON Bowling Club's season was finalised when they hosted a friendly match with mixed team from Ely and Cardiff West End.

The scores ended level after four rinks, three winning rinks covered the defeat of Howard Craven, but Roy Harding had the reverse score from his win last week, 33-10, to hand the visitors the victory.

Graham Brown played another superb game, despite dropping a five early in the game. They recovered well and ended up easy winners after conceding shots on just seven ends.

Don Kuhnall also skipped a winning rink, with only seven losing ends, but two of which were fours in the late stages.

Glen Solomon almost always gets away to a good start, and after a poor beginning Alex Turner produced some good bowls in the later stages.

Don Kuhnall

Phil Ellis, having only his second game as third, was not overawed by the experience, and performed well.

Gordon Davies was the skip on the third winning rink. Going into the last end, each side had won 10 apiece and the scores were level.

A single on the final end brought success. Stan, Howard and Bill all gave good contributions to the result.

Scores: T Bishop, D Fanning, S Clarke, G Brown 22-13, G Solomon, A Turner, P Ellis, D Kuhnall, 18-16; R Knight, R Cole, M Curtis, H Craven 12-24; G Powell, L Adams, J Stewart, R Harding 10-33; S Clements, H Hellyar, W Vaughan, G Davies 17-16. Final score: 79-102.

There were 10 players spare, so they played five against five on the end rink.

Don Kuhnall

Athletic Youth in fine start

BRIDGEND Athletic Youth welcomed Pontardawe to Newbridge Fields for the first game of the 2012/13 season.

The athletic started the game at a fast pace and were ahead within seven minutes, when a rolling maul from 20 metres out allowed captain Lloyd Wilson to score the game's first try out wide.

Scott Govan failed narrowly with the conversion, but was successful with a penalty after 15 minutes, making the score 8-0.

Pontardawe replied almost immediately with a penalty.

Bridgend continued with excellent passing play among the backs and were rewarded with a Tom Jenkins try on 20 minutes, followed five minutes later with a try from Chris Walker to bring the score to 18-3.

Pontardawe were awarded a second penalty on 26 minutes to keep them in the game, but just before half time Lloyd Wilson scored his second try via a breakaway from a maul which allowed him to run in almost unopposed from 22 metres.

The Athletic continued the second half as they had the first, the backs continuing to tear holes in the Pontardawe defence.

They were rewarded with a Chris Price try on 55 minutes, which was converted by Scott Govan to bring the score to 30-6.

Pontardawe showed resilience and scored an unconverted try on 60 minutes but this was almost immediately answered by a try by Iestyn Merriman, again converted by Scott Govan to bring the final score to 37-11, an excellent start to the season by the Athletic Youth.

Bryncethin Youth win

BRYNCEITHIN played host to Resolven in what was a free-flowing game of running rugby.

From the kick-off, the ball was caught by prop Tom Lewis, who powered his way over the half way line. Resolven infringed at the resulting ruck, and outside half Paul Short kicked the ball well into the Resolven 22. From the lineout, the ball was popped to prop Owen Williams who drove through the defence and scored in the corner, the conversion was unsuccessful.

Bryncethin were quickly back on the scoreboard. Full back John Brain caught a clearance kick and set off back up the field.

He offloaded to Short, who entered the 22 before drawing his defender and passing to No8 Liam Thomas, who scored in the corner.

This seemed to spur Resolven on and they camped themselves in the Bryncethin half. But despite numerous attacks Bryncethin held firm.

Bryncethin scored again after Liam Thomas caught another kick and ran it back before passing to Short, who chipped over the

Resolven defence for Connor Law, who ran in for a try in the corner.

Bryncethin scored again not long after through Geraint Watkin, and Shore added the conversion.

Bryncethin finished the half with another try after the ball was grubber kicked through by Short for Tom Day to gather and power over by the posts, Short added the extra points.

The second half restarted as the first had ended as centre Tyler Thomas cut a line through the Resolven defence and scored under the posts, Short added the conversion.

Bryncethin scored again after winning a lineout inside Resolven's 22. The ball was passed to prop Shane Jones, who drove at the Resolven players before Brain scored.

A quick penalty was taken by Watkin on the half-way line, the ball worked to centre Corey Bater to run in unopposed from 40 metres, Short added the conversion to end the game.

Man of the match – Liam Thomas. Bryncethin's next game is away to Tonna on Saturday.

Tennis club's great summer

AFTER a successful summer of tennis, members at Dinas Powis LTC are looking forward to the next few weeks with great anticipation.

September marked the start of the Dillwyn Thomas Tournament, which culminates with a finals day in early October. September also sees the club's annual Dinner and Dance, which is being held at the Copthorne Hotel on Friday, September 28.

The club's eight adult teams had a successful season, as well as the junior teams, who came top of their Aegon Leagues at several age levels.

The pennants received from Tennis Wales will be presented at the finals day of the Dillwyn Thomas Tournament.

The club has entered several teams for the autumn/winter leagues which means that many members will continue with competitive play during the next few months.

During the school holidays the club coach, Rob Walbyoff, organised tennis camps, plus two major junior tournaments, which were both very successful.

The Dinas Powis Open Tournament, which is a Grade 4 LTAs approved event, attracted players from all over Wales and England.

Sponsored by Seel and Co this tournament has run for several years and encourages junior players to compete against players from other clubs.

The junior closed tournament was a week long fiesta of fun and tennis with truly competitive matches between friends and families! Junior Saturday tennis starts in earnest on September 15.

During August Chris Bevan ran a fun tournament which raised funds for Marie Curie. The club's vice captains also organised a Bank Holiday 'Tennis with Pimms' American tournament which had lots of willing participants!

In May many members cheered on the Olympic Torch when it

came through the village. They cheered even more when Hannah Mills of Dinas Powys won a silver medal and Andy Murray and Laura Robson won gold and silver.

Following the wonderful success of the Olympic and Paralympic Games, the club is launching its own legacy programme to encourage adults to keep fit.

Starting on Saturday, September 21, at 11am, the club will welcome non-members to get fit with 'cardio tennis' – a mixture of exercise and ball skills all done to music. Members already attend a session on Tuesdays and have improved their fitness levels.

Any adult who would like to take part in a six week course should contact the club coach, Rob Walbyoff, on 07931 665431. No previous tennis experience is necessary.

With the club planning new floodlights and court surfaces to one tier of courts, members look forward to new and better facilities to give a longer playing season and more social activities during the winter months.

Play-off win
ON Sunday, September 16, Dinas Powys Men's First team went to Llanelli to play a West Wales versus East Wales Division One winner's play-off for promotion to the South Wales Premiership next summer.

Llanelli had not lost a match all season and were confident of a win. But they had not played against Dinas Powys Tennis Club before!

Dinas Powys were able to turn out a good team and thrashed them 6-0.

Well done Dinas, we are back in the Premiership where we belong.

If you are interested in joining a successful club, all new members are welcome, whatever your ability.

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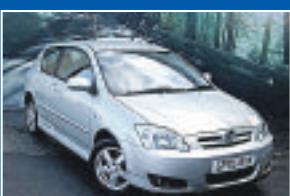
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GEM sport

Pencoed RFC all kitted out for the new season



AS you can see from the above photo from Julie Hancock, Pencoed RFC are kitted out and ready for the forthcoming 2012/13 season.

New players are welcome to join. Contact the club on 01656 860152, or find Pencoed RFC on Facebook.

Next up for Pencoed Firsts are Brynamman at home on September 22, while the Seconds are at home to Maesteg Quins.

Yellow cards rule in Pencoed defeat

FOR the second successive weekend, Pencoed were a little unlucky to lose out in a high scoring encounter by 34-32, but two away bonus points were some consolation.

Pencoed opened well establishing a 22-3 lead in 30 minutes, tries coming from the inform Glen Hiscocks (two) and skipper Ken Morris. Outside half Marc Davies kicked a penalty and two conversions.

However, Morriston fought back with two tries and a conversion of their own, and Pencoed's lead was cut to 22-15 at the break.

Within a minute of the second half, the

home side drew level at 22-22. Once again, yellow cards were to decide Pencoed's fate, firstly failing to capitalise on a home yellow, before going down to 13 men and conceding 12 points during this period.

Davies kept Pencoed in contention with a penalty goal, and then a series of collapsed home scrums gave Pencoed a penalty try, which Davies converted.

Pencoed finished strongly, with their scrummage dominant and had a final opportunity to win the match from 50 metres.

Unfortunately it was not to be, and the final whistle sounded on another frustrating defeat for Pencoed.

However, a real plus

for Pencoed was a fine performance from young second row Chris John, who caught the eye with his work around the park, and in particular his appetite in the tackle area.

On Saturday, Pencoed host Aberavon Green Stars at the Recreation Ground, 2.30pm kick off.

YOUTH - Pencoed Youth continued their good start to the season with a 24-12 friendly match win over Tondu, scoring five tries in the process.

Tries came from Ian Golino, Jamie Griffiths, Rhys Williams, Ryan Russell, and Jamie Penson, with Adam Williams adding two conversions.

Back row forward Ryan Richardson, in his first game back following injury, had a fine match. Rhys Williams and Shane Izzatt both shone in the tackle area, with Conner Jones also prominent in the loose.

Skipper Jordan Hawkins led by example with some strong running throughout. On Saturday, Pencoed Youth travel to Penallta for another friendly match.

PENCOED PHOENIX - This weekend, Phoenix make the long journey to Caernarfon for a National Championship League One match. Phoenix anticipate a difficult encounter against a well-respected Caernarfon side.

BRIDGEND ATHLETIC 6 BEDDAU 22

FOLLOWING an excellent away win at Whitland, expectations were high among the Athletic support for this match against Beddau - but a combination of a well-drilled Beddau and an ill-disciplined display saw the Division 1 East side take the spoils with a 22-6 win.

The Athletic started brightly and had the better of the opening exchanges. However, after five minutes they conceded a penalty on half-way. With a breeze at his back, full back Tom Benjamin made light of the distance to put Beddau ahead.

The Athletic failed to heed the message and offered the full back the same opportunity from the same distance five minutes later. The outcome was the same. Incredibly, this feat was again repeated from the same distance 10 minutes later.

The Athletic were trying various ways to break down the opposition; driving forward and moving the ball along the backs, but to no avail. Their game became increasingly ragged with wild passes failing to find their man.

Beddau maintained their discipline and on a rare visit into Athletic territory opened up play for wing Ashley Coombes to cross in the corner. Benjamin main-

tained his 100 per cent record with a touchline conversion.

Beddau went into half time 16-0 ahead having given the Athletic a harsh lesson in taking opportunities and playing the basics of rugby well with limited possession.

The Athletic did offer more at the start of the second half and had Beddau on the back foot. Prominent were hooker and captain Simon Mustoe, Griff Davies and Sean Derrick at forward, with full back Rhys Jones and wing Lyndsey MaCausland the pick of the players.

In this period it was Beddau who conceded penalties, allowing outside half Steve Lewis to kick two goals to reduce the deficit to 16-6.

However, the Athletic failed to build on this and it was Beddau who finished stronger.

As the Athletic tired their scrum, lineout and discipline disintegrated, allowing Benjamin to capitalise with two further penalties for a match haul of 17 points.

The Athletic need to make more of their possession and use the ball well. Things do not get any easier as this Saturday they visit Championship leaders Bargoed, who have won all three games to date with bonus points.

The club would like to thank chairman and treasurer Terry Coles and his company JG Plant for sponsoring the fixture. **Adrian Burt**

Latest Bridgend bridge results

THE latest results for Bridgend Bridge Club are:

Wednesday

September 12, team event: First - Andrew Scott, Liam Sheridan, Dave Barwood and Geoff Barnes; second - Bill Turner, Ray Smith, Glyn Williams and Mel Humphries,

Friday September 14, north south: First - Mary Moore and John Beard; second - Barrie Jenkins and Eileen Mahoney; third - Mari Jones and Irene Wickham.

East west: First - Norma and David Newman; second - Ray Smith and Liam

Sheridan; third - Dave Reed and Jim Hume.

In addition to the regular club nights on Wednesday and Friday evenings at 7pm at Nolton Church Hall there are lessons for beginners on Fridays at 7pm with Graham Jones. All welcome. To register an interest, please call Graham Jones (01446 775952).

Afternoon lessons, starting on Thursday September 27 at 2pm at Nolton Church Hall, will be with John Evans. For details call John on 01656 880372.

DN

Bridgend Athletic come unstuck against Beddau



Dan Apsee slips the ball to Simon Mustoe.
PHOTOGRAPH by GLENNSPORTS.



Rhys Jones with Lyndsey MaCausland in support.
PHOTOGRAPH by GLENNSPORTS.

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